

## Appendix 1: Tobacco smoking cessation reviews

Reference	Interventions	Study characteristics	Duration	Outcome	Abstinence with	
					Intervention	Placebo
Cahill K, Ussher M. Cannabinoid type 1 receptor antagonists (rimonabant) for smoking cessation. Cochrane Database of Systematic Reviews 2007, Issue 4. Art. No.: CD005353.	Rimonabant (cannabinoid receptor antagonists) and placebo for tobacco cessation	RCTs in adult smokers Lost to follow up regarded as continuing smokers Prolonged abstinence defined biochemically at each study visit	At least 6 months	Smoking status at minimum of 1 year	Prolonged abstinence R 20 mg week 50: 87/528 (16.4%) Prolonged abstinence R 5 mg week 50: 63/518 (11%)	Prolonged abstinence week 50: 57/521 (11%)
Gourlay SG, Stead LF, Benowitz NL. Clonidine for smoking cessation. Cochrane Database of Systematic Reviews 2004, Issue 3. Art. No.: CD000058	Clonidine and placebo for tobacco cessation	RCTs in adult smokers Control (placebo) usually involved some form of behavioural therapy.	4.5 months to 1 year	Smoking status by a variety of methods, including self report	Smoking cessation at longest time: 98/393 (25%)	Smoking cessation at longest time: 55/383 (14.4%)
Hughes JR, Stead LF, Lancaster T. Antidepressants for smoking cessation. Cochrane Database of Systematic Reviews 2007, Issue 1. Art. No.: CD000031.	Antidepressants and placebo for smoking cessation	RCTs in adult smokers Control (placeo) sometimes used behavioural therapy or similar interventions	At least 6 months from start of intervention	Abstinence from smoking, assessed at follow up by various means	Nortriptyline Smoking cessation at 6 months or longer: 100/480 (20.8%)  Bupropion Smoking cessation at 6 months or longer: 1056/5557 (19%)	Placebo Smoking cessation at 6 months or longer: 49/495 (9.9%)  Bupropion Smoking cessation at 6 months or longer: 417/4383 (9.5%)

Cahill K, Stead LF, Lancaster T. Nicotine receptor partial agonists for smoking cessation. Cochrane Database of Systematic Reviews 2007, Issue 1. Art. No.: CD006103	Nicotine receptor partial agonists and placebo for smoking cessation	RCTs in adult smokers Lost to follow up regarded as continuing smokers Control (placebo) usually involved some form of behavioural therapy.	Minimum follow up of at least 6 months	Abstinence from smoking, assessed at follow up by various means	Varenecline 2 mg Smoking cessation at 6 months or longer: 232/1082 (21.4%)	Placebo Smoking cessation at 6 months or longer: 75/941 (8.0%)
Stead LF, Perera R, Bullen C, Mant D, Lancaster T. Nicotine replacement therapy for smoking cessation. Cochrane Database of Systematic Reviews 2008, Issue 1. Art. No.: CD000146.	Nicotine replacement therapy and placebo for smoking cessation	RCTs in adult smokers Lost to follow up regarded as continuing smokers Control (placebo) usually involved some form of behavioural therapy.	Minimum follow up of at least 6 months	Abstinence from smoking, assessed at follow up by various means	All NRT/doses Smoking cessation at 6 months or longer: 3822/22711 (16.8%)	All NRT/doses Smoking cessation at 6 months or longer: 2115/20307 (10.4%)
Lancaster T, Stead LF. Individual behavioural counseling for smoking cessation. Cochrane Database of Systematic Reviews 2005, Issue 2. Art. No.: CD001292	Individual behavioural counseling	Not all were properly randomised trials, and with versus no treatment, brief advice or self-help materials as the control	Minimum follow up of at least 6 months	Abstinence from smoking, assessed at follow up by various means	Behavioural therapy Smoking cessation at 6 months or longer: 291/2513 (11.6%)	Control Smoking cessation at 6 months or longer: 195/2515 (7.8%)
Ussher M. Exercise interventions for smoking cessation. Cochrane Database of Systematic Reviews 2005, Issue 1. Art. No.: CD002295.	Supervised or unsupervised exercise programmes	RCTs in smokers wishing to quit or recent quitters	Minimum 6 months	Abstinence from smoking	Exercise Smoking cessation at 6 months or longer: 113/635 (18%)	Control Smoking cessation at 6 months or longer: 83/610 (14%)
Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. Cochrane Database of Systematic Reviews 2005, Issue 2. Art. No.: CD001007	Group therapy versus individual self help	RCTs	Minimum 6 months	Abstinence from smoking by measurement	Group Smoking cessation at 6 months or longer: 249/2388 (10%)	Control Smoking cessation at 6 months or longer: 116/2007 (5.8)

Rice VH, Stead LF. Nursing interventions for smoking cessation. Cochrane Database of Systematic Reviews 2008, Issue 1. Art. No.: CD001188.	Nursing intervention	RCTs	Minimum 6 months	Abstinence from smoking by measurement	Nursing Smoking cessation at 6 months or longer: 1154/8383 (14%)	Control Smoking cessation at 6 months or longer: 761/6822 (11%)
Stead LF, Bergson G, Lancaster T. Physician advice for smoking cessation. Cochrane Database of Systematic Reviews 2008, Issue 2. Art. No.: CD000165	Physician intervention	RCTs	Minimum 6 months	Abstinence from smoking by measurement	Physician Smoking cessation at 6 months or longer: 1029/12584 (8.2%)	Control Smoking cessation at 6 months or longer: 470/9676 (4.9%)
Lancaster T, Stead LF. Self-help interventions for smoking cessation. Cochrane Database of Systematic Reviews 2005, Issue 3. Art. No.: CD001118	Different forms of self-help materials, compared with no treatment and with other minimal contact strategies	RCTs	Minimum 6 months	Abstinence from smoking by measurement	Self help Smoking cessation at 6 months or longer: 741/1211 (6.6%)	Control Smoking cessation at 6 months or longer: 420/8293 (5.1)
Wang D, Connock M, Barton P, Fry-Smith A, Aveyard P, Moore D. 'Cut down to quit' with nicotine replacement therapies in smoking cessation: a systematic review of effectiveness and economic analysis. Health Technol Assess. 2008 12: 1-135.	Cut down to quit studies using NRT versus placebo	RCTs	Minimum 6 months	Abstinence from smoking by measurement	CDTQ Smoking cessation at 6 months or longer: 62/919 (6.7%)	Control Smoking cessation at 6 months or longer: 31/914 (3.4%)