



## RESOURCES ON SMOKING CESSATION AND MENTAL ILLNESS

Psychiatrists may want to refer patients to the consumer-oriented sites for additional help and encouragement to stop smoking.

### Procedure Coding for Smoking Cessation Counseling

There are several procedure codes available to describe services provided to encourage behavior change in individuals who use tobacco. [See more on procedure coding.](#)

### Recent Studies

- [Varenicline, Smoking Cessation, and Neuropsychiatric Adverse Events](#)  
*American Journal of Psychiatry*, December 2013  
*Conclusions:* This analysis revealed no evidence that varenicline is associated with adverse neuropsychiatric events. The evidence supports the superior efficacy of varenicline relative to both placebo and bupropion, indicating considerable benefit without evidence of risk of serious neuropsychiatric adverse events, in individuals with and without a recent history of a psychiatric disorder.
- [Adapting Smoking Cessation Treatment According to Initial Response to Precessation Nicotine Patch](#)  
*American Journal of Psychiatry*, August 2013  
*Conclusion:* It is possible to rescue a significant portion of smokers who would have failed to achieve abstinence if left on nicotine patch alone by identifying these smokers before their quit date and implementing adaptive changes in treatment.
- [Clinical Management of Tobacco Dependence in Inpatient Psychiatry: Provider Practices and Patient Utilization](#)  
*Psychiatric Services*, November 1, 2013  
*Conclusions:* During smoke-free psychiatric hospitalizations, clinical management of nicotine withdrawal may be enhanced by offering patients NRT directly on admission, educating patients on the benefits of NRT, and increasing the dosage for more dependent smokers.
- [Smoking Cessation Care in State-Operated or State-Supported Psychiatric Hospitals: From Policy to Practice](#)  
*Psychiatric Services*, July 1, 2013  
*Conclusions:* Analysis of smoking policies at state-operated or state-supported psychiatric inpatient hospitals found significant movement in adopting nonsmoking policies and some increase in active treatment, notably wellness counseling. Educational resources have not reached full penetration, and continuum of care activities are also lagging behind. Additional resources and staff training may be needed to continue to address smoking cessation both during and after hospitalization.
- [Tobacco Control 50 Years After the 1964 Surgeon General's Report](#)  
*JAMA*, January 8, 2014  
Steven A. Schroeder, M.D. (Smoking Cessation Leadership Center) and Howard K. Koh, M.D., M.P.H. (U.S. assistant secretary for health) review the progress made in the 50 years since the release of the Surgeon General's Report on Smoking and Health and comment on what remains to be done to end the tobacco epidemic.
- [Maintenance Treatment With Varenicline for Smoking Cessation in Patients With Schizophrenia and Bipolar Disorder: A Randomized Clinical Trial](#)  
*JAMA*, January 8, 2014  
*Conclusions:* Among smokers with serious mental illness who attained initial abstinence with standard treatment, maintenance pharmacotherapy with varenicline and cognitive behavioral therapy improved prolonged tobacco abstinence rates compared with cognitive behavioral therapy alone after 1 year of treatment and at 6 months after treatment discontinuation.

- [Trends in Smoking Among Adults With Mental Illness and Association Between Mental Health Treatment and Smoking Cessation](#)

JAMA, January 8, 2014

*Conclusions: Between 2004 and 2011, the decline in smoking among individuals with mental illness was significantly less than among those without mental illness, although quit rates were greater among those receiving mental health treatment. This suggests that tobacco control policies and cessation interventions targeting the general population have not worked as effectively for persons with mental illness.*

### Substance Abuse and Mental Health Services Administration

- [Integrating Tobacco Treatment Into Mental Health Settings](#)

*JAMA Editorial by Judith J. Prochaska, Ph.D., M.P.H., on a study showing effectiveness of treating tobacco dependence in smokers with mental disorders and integration of tobacco treatment services into mental health care settings.*

- [Tobacco Use Cessation During Substance Abuse Treatment Counseling](#)

*Advisory produced by the Substance Abuse and Mental Health Services Administration reviews health effects of tobacco use and discusses screening, brief intervention, and effective treatment approaches.*

### National Institute on Drug Abuse

- [Combination Therapy Most Effective for Helping Smokers Quit](#)

*Article in NIDA Notes summarizes the findings of a study that tested five pharmacotherapies for smoking cessation. The study concluded that a combination of the nicotine patch and lozenge were superior. See Piper, M.E., et al. A randomized placebo-controlled clinical trial of 5 smoking cessation pharmacotherapies. Archives of General Psychiatry 66(11): 1254–1262, 2009.*

- [Standard Treatments Help Depressed Smokers Quit](#)

*Article in NIDA Notes highlights that cessation interventions are effective in the general population as well for depressed smokers. See Hall, S.M., et al. Treatment for cigarette smoking among depressed mental health outpatients: a randomized clinical trial. American Journal of Public Health 96(10):1808-1814, 2006.*

- [Nora Volkow, M.D.'s Blog: Tobacco-Related Mortality and Mental Illness](#)

*Though persons with psychiatric illness smoke at more than twice the rate of the general population and consume nearly half the cigarettes in the U.S., physicians tend not to address cessation in this population. Dr. Volkow challenges the reasons that clinicians have given for not intervening and calls on them to proactively screen, intervene, and treat nicotine dependence.*

### National Institutes of Health

- [Anti-Smoking Medication Shows Promise for Treating Alcohol Dependence](#)

*Article reviews an NIAAA study indicating that varenicline may be a treatment option for alcohol dependence. See: A double-blind, placebo-controlled trial assessing the efficacy of varenicline tartrate for alcohol dependence. Litten, RZ, et al. Journal of Addiction Medicine. 2013 May 31.*

### Centers for Disease Control and Prevention

- [Adult Smoking: Focusing on People with Mental Illness](#)

*Fact sheet addresses smoking statistics, provides an overview of the problem, and reviews what can be done by mental health professionals and facilities to address it through screening and providing effective treatments.*

- [Tips From Smokers Campaign](#)

*Consumer-oriented site offers videos, podcasts, data, resources, posters, and more.*

- [Smoking and Tobacco Products Publications and Products](#)

*Print materials are available for download from this publication catalog.*

- [2014 Surgeon General's Report: The Health Consequences of Smoking—50 Years of Progress](#)

*Site provides statistics, key findings, videos, and other resources.*

### Food and Drug Administration

- [Smoking Cessation Products](#)

*Consumer-oriented site offers information on smoking-cessation products, the benefits of stopping, nicotine replacement products, and products that do not contain nicotine.*

**University of California, San Francisco, Smoking Cessation Leadership Center**  
[Smoking Cessation Leadership](#)

*Site provides publications, clinical tools, webinar recordings, resources for smokers, and more.*

**University of Massachusetts Department of Psychiatry**

[Tobacco Addiction Treatment Resources](#)

*Website provides “resources to assist leaders, staff, and clinicians in preparing for change, to acquire and disseminate information in the form of tobacco cessation materials, and also includes links to external websites for additional education, support, and information.”*

**UMDNJ-Robert Wood Johnson Medical School**

[Learning About Healthy Living: Tobacco and You](#)

*This treatment manual includes chapters on treatment medications, group facilitators’ guides, consumer handouts, forms, resources, and references*

**Smokefree.gov**

(800) QUIT-NOW or (800) 784-8669

<http://smokefree.gov/>

*The site, developed by the Tobacco Control Research Branch of the National Cancer Institute, provides resources to help a smoker quit, including LiveHelp (NCI’s instant messaging service), quitlines, Smokefree apps, quizzes, and publications.*