























# EFFICACY SMOKING CESSATION

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	You quit or you tried to quit without assistance	Nicotine replacement medications (like nicotine gum, patch or inhaler) or other medications	Support from the doctor or other health professional or special stop-smoking services such as clinics or specialists	Alternative therapies such as acupuncture or hypnosis	Electronic cigarettes or smokeless cigarettes	Oral tobacco (snus) chewing or nasal tobacco (snuff)	Telephone quit line services	Internet quit line services	Other (SPONT.)	DK
 EU27	74%	8%	6%	2%	1%	1%	0%	0%	9%	5%
 FR	63%	9%	7%	2%	1%	0%	0%	0%	6%	20%
 LT	66%	2%	1%	0%	0%	0%	0%	1%	24%	7%
 IE	68%	22%	9%	4%	1%	0%	2%	0%	2%	8%
 SE	68%	14%	6%	1%	1%	15%	0%	0%	8%	0%
 UK	68%	14%	8%	2%	2%	0%	0%	0%	12%	2%
 FI	71%	20%	4%	0%	1%	4%	0%	0%	7%	0%
 AT	72%	19%	11%	7%	2%	1%	1%	3%	7%	1%
 BE	73%	11%	10%	1%	2%	1%	1%	1%	8%	2%
 PL	74%	11%	6%	0%	1%	0%	0%	1%	4%	7%
 DE	75%	6%	5%	2%	0%	1%	0%	0%	12%	4%
 EE	75%	8%	1%	1%	2%	2%	0%	1%	8%	7%
 RO	76%	6%	1%	1%	2%	1%	1%	1%	10%	8%
 IT	77%	3%	9%	1%	1%	1%	3%	1%	10%	1%
 HU	77%	7%	7%	2%	2%	0%	0%	1%	9%	4%
 DK	78%	15%	7%	5%	3%	2%	0%	0%	3%	0%
 CY	78%	7%	15%	0%	0%	0%	0%	0%	6%	0%
 LU	80%	10%	6%	5%	0%	0%	1%	1%	7%	1%
 NL	80%	7%	5%	4%	0%	0%	1%	0%	9%	1%
 SI	81%	4%	5%	0%	2%	1%	0%	0%	14%	0%
 SK	82%	10%	8%	2%	1%	0%	0%	0%	5%	3%
 BG	83%	7%	2%	0%	4%	1%	0%	1%	8%	1%

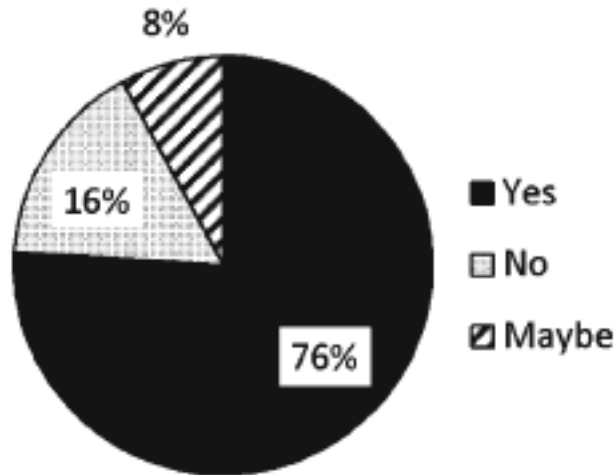
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Two-thirds of the smokers (66%) who have tried to stop smoking in the last 12 months, tried to do so without any assistance. A fifth (22%) used nicotine replacement or other medication, while 7% received support from a doctor or other health professionals or used e-cigarettes or smokeless cigarettes.

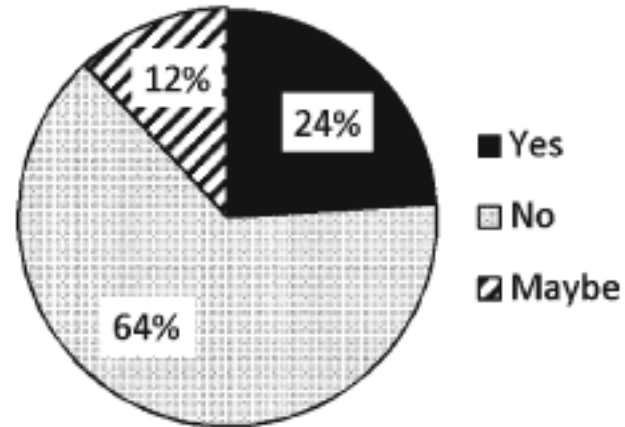
Among ex-smokers (who have by definition succeeded in stopping smoking), the results are as follows. Three-quarters (74%) of ex-smokers had stopped smoking without assistance. Small proportions had tried to use each type of assistance: 8% nicotine replacement or other medication and 6% support from a doctor or other health professionals. Other means of help were used only by a small number of ex-smokers. For example, only 1% of ex-smokers said they used snus, mainly in Sweden and to a lesser extent in Finland.

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**Would Use E-cigarette to Quit Smoking**



**Would Use Inhaler to Quit Smoking**



**Figure 3. Product use preferences for quit attempt (n=38).**

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**Table 4** Smoking cessation outcomes in relation to nicotine replacement therapy. Values are numbers (percentages) unless stated otherwise

Outcomes at follow-up	Total (n=2591)	Nicotine replacement therapy		Unadjusted odds ratio (95% CI)	P value	Adjusted odds ratio* (95% CI)	P value
		Not offered (n=1296)	Offered (n=1295)				
Six months:							
Prolonged cessation†	490 (18.9)	261 (20.1)	229 (17.7)	0.85 (0.70 to 1.04)	0.11	0.86 (0.70 to 1.06)	0.16
Carbon monoxide validated prolonged cessation	207 (8.0)	122 (9.4)	85 (6.6)	0.67 (0.50 to 0.90)	0.008	0.65 (0.48 to 0.88)	0.005
Self reported cessation for ≥7 days	531 (20.5)	283 (21.8)	248 (19.1)	0.85 (0.70 to 1.03)	0.09	0.85 (0.70 to 1.04)	0.13
Carbon monoxide validated cessation for ≥7 days	200 (7.7)	119 (9.2)	81 (6.2)	0.66 (0.49 to .88)	0.006	0.64 (0.47 to 0.87)	0.004
Reported cessation for ≥3 months	401 (15.5)	216 (16.6)	185 (14.3)	0.83 (0.67 to 1.03)	0.09	0.84 (0.67 to 1.05)	0.14

Source: Effect of offering different levels of support and free nicotine replacement therapy via an English national telephone quitline: Randomised controlled trial. *BMJ*, 2012, 344:e7971.

**EXPLANATION?**  
**Importance CSs**