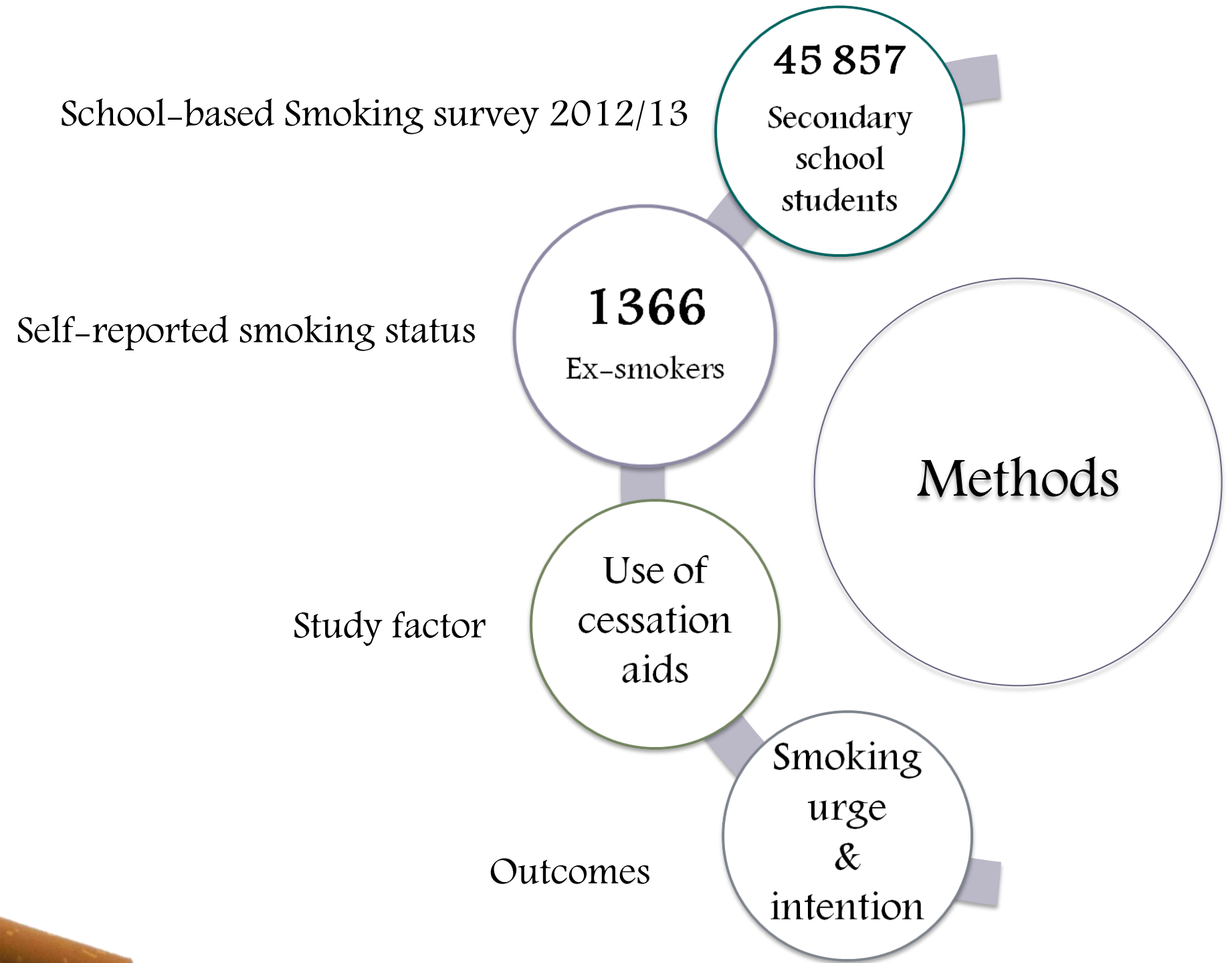




Title	Aided smoking cessation and its association with smoking urge in the morning and smoking intention in Hong Kong adolescent ex-smokers
Author(s)	Leung, LT; Ho, DSY; Wang, MP; Lo, WS; Lam, TH
Citation	The 2014 East-West Alliance Global Symposia, Hong Kong, China, 27-28 October 2014
Issued Date	2014
URL	http://hdl.handle.net/10722/207859
Rights	Creative Commons: Attribution 3.0 Hong Kong License

Would smokers who quit aided be more prone to relapse after aids withdrawal than smokers who quit unaided?

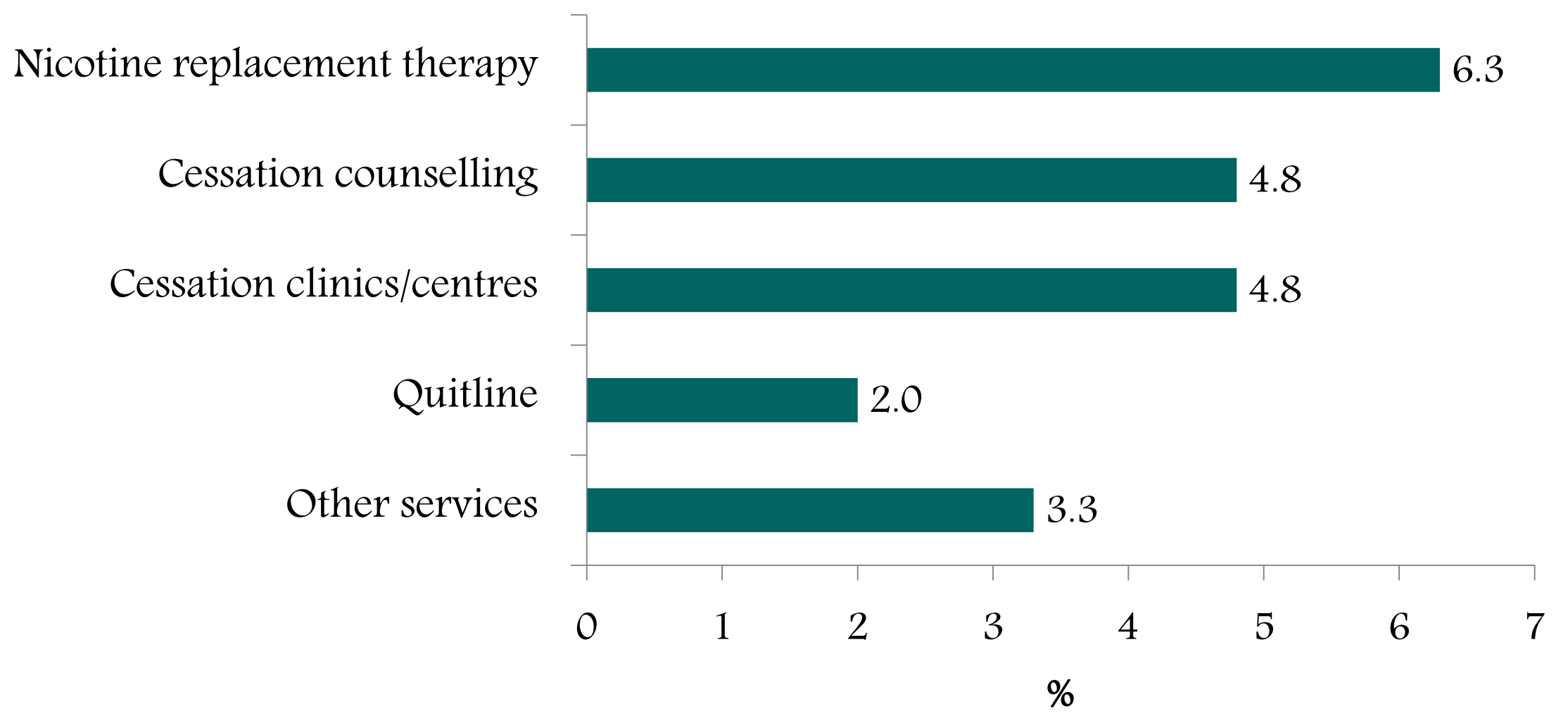


Overall, **18.1%** of ex-smokers had used smoking cessation aids.

Use of smoking cessation services

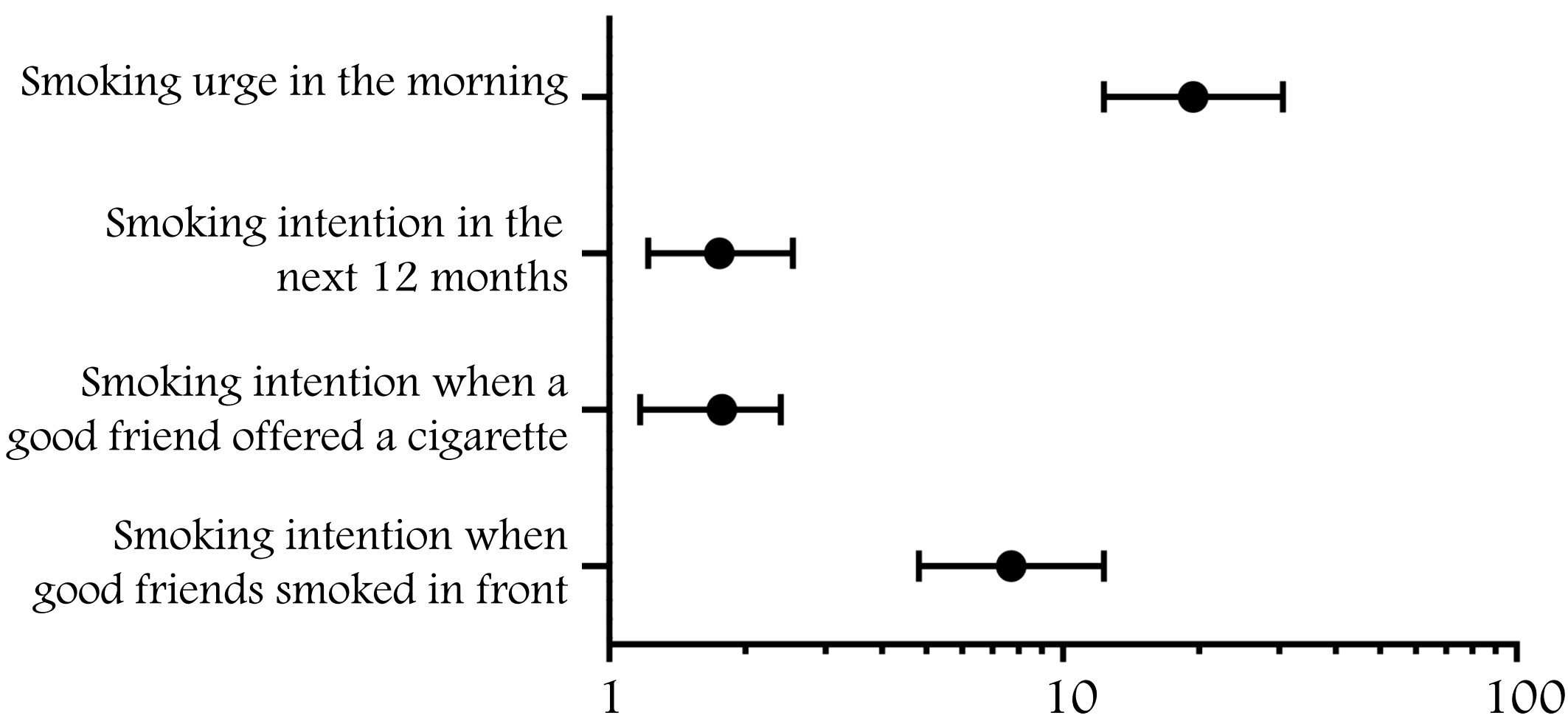
- Have you used the following smoking cessation services?
- Nicotine replacement therapy
 - Cessation counselling
 - Cessation clinics/centres
 - Quitline
 - Other services
 - None of the above

Use of smoking cessation services in ex-smokers



Cessation aid users were significantly more likely to have smoking urge in the morning and smoking intention in various circumstances.

Association of smoking urge and intention for cessation aid use



Socio-demographic characteristics, cigarette consumption in a smoking day and school clustering effect were adjusted for.

Smoking urge in the morning

Do you smoke or want to smoke first thing in the morning?
 No *Sometimes* *Always*

Smoking intention

- (i) Do you think you will smoke in the next 12 months?
Definitely not *Probably not* *Probably will* *Definitely will*
- (ii) Will you smoke if one of your good friends offers you a cigarette?
Definitely not *Probably not* *Probably will* *Definitely will*
- (iii) If your good friends smoke in front of you, would you want to smoke with them?
Definitely not *Probably not* *Probably will* *Definitely will*

The results suggest a **greater possibility of relapse** in the future in **ex-smokers who used cessation aids**. Programmes to prevent relapses are needed for ex-smokers, especially those who quit with aids.

**NO!
SMOKE**