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Title: Bupropion together with cognitive-conductual therapy (CBT) is an alternative for a long-term abstinence of smoking

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Body: Introduction. Currently there are in Mexico several treatments to quit smoking, pharmacological and phsycological, which have proven their efficacy. Although, combining them could result in better option because individuals can project in better physical and emotional conditions. Aim. Compare de percentage of long-term abstinence in a group of smokers under a CBT combined with Bupropion (Bp) or placebo (Pb). Methods. A double-blind clinical trial was performed. 94 chronic smokers were selected and randomly distributed for each of the shunting (Bp and Pb groups). The pharmacological treatment began simultaneously to the CBT, and the results were measured 4, 6 and 12 months after the treatments started. Results. 46 subjects participated in the Bp group and 48 to the Pb group; the average age of the subjects was 48 years, with a smoking index of 25 pack/yr. We observed a higher proportion of subjects remaining abstinent that after 4 months in the Bp+CBT group (51% vs 49% in the P group), but the difference was not significant ($p>0.05$); after 6 months the results were 48% vs 52% ($p>0.05$), and after 12 months, 53% vs 47% ($p>0.05$). Conclusions. Regardless of the pharmacological treatment, CBT has shown as an efficient alternative to reach a long-term abstinence. Despite the fact that there is no significant difference between groups, it is still higher the rate of abstinence reported with the Bp treatment.