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Title: Different types of behavioral interventions for successful smoking cessation

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Body: Epidemiological data indicate that in Russia number of smokers are increased and the most of smokers don't use the drug therapy. That is why the cognitive behavioral therapy is leading method of support for most smokers. This study investigates the effectiveness counseling and medical-psychological support. Methods. Participants received the single counseling - SC (n=600, 205 - female and 395 – male; 23-64 years, 21,43+3,04 cigarettes/day) or medical-psychological support during 1 month (8 telephone sessions) - PS (n =1940, 600- female and 1340 – male; 19-72 years, 22,05+2,17 cigarettes/day). The primary outcome variable was 30-day and 6-month point prevalence abstinence. Results. Smokers who applied to Russian advisory telephone line of help for smoking cessation (RATL) had the pulmonary diseases in 30,0% of cases (6,7% - COPD; 18,5%- asthma; 4,8% -others). 16,4% smokers had chronic bronchitis symptoms. After SC 11,1% smokers stopped smoking and had 30-days period of abstinence. In 6 months 8,0% of respondents were nonsmokers. After PS 34,7% smokers stopped smoking and 6,1% reduced the number of cigarettes per day. In 22,8% of cases these callers had 6-month period of abstinence (in 37,4% of cases - had relapse of smoking; 39,8% didn't answer the call about smoking status). In 10,5% of cases smokers agreed to the treatment of nicotine addiction with medications when the medical staff of RATL informed about drug therapy. Conclusion. Telephone counseling is the effective method of help for quit smoking and may be used as single counseling as month support. It is not only increases the number of successful quitters with behavioral therapy, but also those who will be using the nicotine dependence treatment.