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Title: Smoking cessation success rate in smokers referred to Iranian clinics

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Body: Background: Quitting smoking at any age can be effective in reducing smoking-related health conditions. At present, smoking cessation is considered the cornerstone of tobacco control policies. This study aimed to evaluate the success rate of smokers presented to smoking cessation clinics during 2005-2010 and to determine the effective factors in this respect. Methods: In this historical cohort study, all participants attended the smoking cessation clinics, affiliated to the Iranian Anti-Tobacco Association, between 2005 and 2010 were studied. Success rate was assessed two weeks after the quitting onset. Results: Totally, 772 participants including 510 men and 262 women were studied. 50.9% of participants reported a history of quitting and a significant correlation was observed between history of quitting and success rate (p=0.04). The success rate also had a significant relationship with higher educational level and presence of restrictions on smoking. In addition, the success rate was inversely correlated with increased nicotine dependence. However, no significant relationship was found between sense of pleasure, increased concentration or personality boost and success rate of smoking cessation. By the end of the second week following abstinence, 544 participants (71%) had successfully guitted smoking. Conclusion: History of guit attempts and higher educational level had significant correlations with success rate of smoking cessation. Presence of restrictions on smoking is also effective in this regard. However, this study showed that increased rate of nicotine dependence reduced the success rate of smoking cessation. Keywords: Success Rate, Cessation Clinic, Quitting Smoking, Nicotine Dependence.