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Title: Predictors of success in smoking cessation among Brazilian subjects

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Body: The predictors of success or failure in smoking cessation programme (SCP), specific for the Brazilian population have been low studied. We evaluated characteristics influencing the success in a SCP. This non-randomized, prospective and open clinical trial evaluated 172 smokers attended in a SCP based on cognitive behavioral treatment associated or not with medication therapy. Individuals were followed for 12 months. Statistical analysis was performed using the R statistical software. For quantitative variables (age, pack years index and cigarettes/day) were used t-tests and for qualitative variables (gender, education level, lived with others smokers, medication therapy, nicotine dependence, socioeconomic, anxiety and depression level.) were used χ^2 test. The influence of epidemiologic characteristics on smoking cessation (SC) in univariate and multivariate analyses was tested, calculating Relative Risks (RR) with confidence intervals of 95% (CI). Variables resulting in $P < 0.15$ for univariate analysis were selected to enter into logistic regression model. Differences were considered significant at $P < 0.05$. Results: 172 individuals were included, 126 (73%) started treatment, of which 61 individuals (48%) started abstinent and according the logistic model the individuals who used medication therapy had eight-fold more chances to started abstinence ($P=0.0002$ $RR=8$ CI 3-29). Thirty-three percent of individuals remained abstinent for 12 months and smokers with lower socioeconomic level had nine-fold more chances to return to smoking ($P=0.005$ $RR=9$ CI 2-57). Conclusions: The success rate of this program was 16% and medication, as well as socioeconomic status are predictors of success in SC.