Study Question Answers
Cognitive and Behavioral Treatment Strategies

1.  c
2.  c
3.  a
4.  d
5.  False
6.  a
7.  e

Application Question

8. Describe each phase of quitting and discuss specific treatment strategies for each phase.

   a. **Pre-cessation**: Key objectives of this phase are to (1) Strengthen and renew patient’s motivation to quit and commitment to the program; (2) Establish Quit Date; (3) Self-monitoring of daily smoking to establish baseline levels and learn about triggers/antecedents and consequences.

      **Strategies:**
      * Decisional balance exercise
      * Personalized feedback about health-related indices
      * Setting target quit date
      * Self-monitoring of smoking behavior

   b. **Cessation**: Involves quitting by altering smoking patterns, smoking rates and brand of cigarette.

      **Strategies:**
      * Self-management (using behavior modification and coping strategies to not smoke in trigger situations)
      * Integration of pharmacotherapy with behavioral treatment
      * Maximizing social support
      * Urge coping strategies
      * Tapering (includes both brand fading and rate fading)
      * Aversion strategies (not recommended!)

   c. **Relapse Prevention**: Key objectives of this phase are to:

      (1) Educate participants about the importance of learning and applying maintenance phase strategies for long-term smoking cessation and
      (2) Teach specific treatment strategies for maintaining long-term abstinence from smoking, including both relapse prevention and lifestyle change strategies. Maintaining the quit is a critical issue for cessation programs.
Strategies:
* Relapse prevention (identification of high risk situations, development of successful coping strategies, coping rehearsal, dealing with slips (abstinence violation effect), Nicotine Anonymous)
* Lifestyle change (stress management, balanced nutrition, exercise)