

Helping Young Smokers Quit

Identifying Best Practices for Tobacco Cessation

New Review of Youth Tobacco Cessation Research

With a growing evidence base in youth tobacco cessation, Dr. Susan J. Curry and colleagues published the Annual Review of Psychology's first comprehensive summary of research in tobacco cessation treatment for adolescents. They reported:

- Behavioral interventions increase the chances of youth smokers quitting.
- Motivational enhancement and cognitive behavioral approaches are efficacious with youth.
- There is insufficient evidence for the effects of pharmacological treatments with youth smokers.
- Many innovative studies of youth smoking cessation are compromised by challenges (e.g., recruiting sufficient numbers of youth).

This synthesis of published studies addresses youth tobacco cessation from several perspectives by:

- Describing youth tobacco users in terms of patterns and prevalence of use, neurological and psychosocial development, nicotine addiction.
- Summarizing the state of youth tobacco cessation treatments.
- Examining the inherent challenges in building the evidence base for youth treatments.
- Exploring future directions for research.

"Therapy for Specific Problems: Youth Tobacco Cessation" appears in the January 2009 issue of the [Annual Review of Psychology](#). A copy of the full text article is [available upon request](#).