

[Nicotine Tob Res.](#) 2006 Dec;8(6):767-71.

Complementary treatments for tobacco cessation: a survey.

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Abstract

Little information is available regarding the prevalence of use and interest in future use of complementary and alternative medicine (CAM) for tobacco cessation among tobacco users. We conducted a self-administered anonymous survey among 1,175 patients seen at a midwestern outpatient tobacco treatment specialty clinic between November 2003 and July 2005. Patient use of CAM for tobacco cessation, perceived efficacy of these treatments, and interest in future use of CAM were ascertained. Data were summarized using descriptive statistics, and logistic regression models were used to determine the characteristics associated with past CAM use or interest in future use of CAM for tobacco cessation. All of the patients who received the survey completed it. A total of 27% of patients reported previous use of CAM for tobacco cessation. The interventions most commonly used were hypnosis, relaxation, acupuncture, and meditation. CAM treatments most commonly perceived to be efficacious were yoga, relaxation, meditation, and massage therapy. **A total of 67% of the patients reported interest in future use of CAM for tobacco cessation. The treatments of greatest interest for use in the future were hypnosis, herbal products, acupuncture, relaxation, and massage therapy.** Female gender, previous use of conventional tobacco cessation products, previous use of CAM treatments, and a higher level of education were significantly associated with interest in future CAM use. The high level of interest in CAM among tobacco users underscores the need to conduct further research in this field.

[Addiction](#). 2008 Apr;103(4):566-79.

Self-help smoking cessation interventions in pregnancy: a systematic review and meta-analysis.

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Abstract

AIMS: Self-help smoking cessation interventions for pregnant smokers are of importance due to their potential to be wide-reaching, low-cost and their appeal to pregnant smokers who are interested in quitting smoking. To date, however, there has been no systematic assessment of their efficacy. This systematic review aimed to assess the efficacy of self-help interventions for pregnant smokers and to investigate whether self-help material intensity, type or delivery are associated with cessation.

METHODS: The literature was searched for randomized and quasi-randomized controlled trials of self-help smoking cessation interventions for pregnant smokers without significant cessation counselling. Fifteen trials met the inclusion criteria and relevant data were extracted independently.

RESULTS: The primary meta-analysis pooled 12 trials comparing usual care (median quit rate 4.9%) with self-help (median quit rate 13.2%) and yielded a pooled odds ratio (OR) of 1.83 [95% confidence interval (CI) 1.23-2.73], **indicating that self-help interventions on average nearly double the odds of quitting compared with standard care**. However, a further meta-analysis failed to find evidence that intervention materials of greater intensity increase quitting significantly over materials of lesser intensity (pooled OR = 1.25, 95% CI 0.81-1.94). There was insufficient evidence to determine whether the tailoring of materials or levels of one-to-one contact were related to intervention efficacy.

CONCLUSIONS: Self-help interventions appear to be more effective than standard care although, due mainly to a lack of trials, it is unclear whether more sophisticated and intensive approaches increase intervention effectiveness.

[Prev Med](#). 2011 Mar-Apr;52(3-4):258-61. Epub 2011 Feb 17.

High expectation in non-evidence-based smoking cessation interventions among smokers-The Colaüs study.

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Abstract

OBJECTIVE: To assess the preferred methods to quit smoking among current smokers.

METHOD: Cross-sectional, population-based study conducted in Lausanne between 2003 and 2006 including 988 current smokers. Preference was assessed by questionnaire. Evidence-based (EB) methods were nicotine replacement, bupropion, physician or group consultations; non-EB-based methods were acupuncture, hypnosis and autogenic training.

RESULTS: EB methods were frequently (physician consultation: 48%, 95% confidence interval (45-51); nicotine replacement therapy: 35% (32-38)) or rarely (bupropion and group consultations: 13% (11-15)) preferred by the participants. Non-EB methods were preferred by a third (acupuncture: 33% (30-36)), a quarter (hypnosis: 26% (23-29)) or a seventh (autogenic training: 13% (11-15)) of responders. On multivariate analysis, women preferred both EB and non-EB methods more frequently than men (odds ratio and 95% confidence interval: 1.46 (1.10-1.93) and 2.26 (1.72-2.96) for any EB and non-EB method, respectively). **Preference for non-EB methods was higher among highly educated participants, while no such relationship was found for EB methods.**

DISCUSSION: Many smokers are unaware of the full variety of methods to quit smoking. Better information regarding these methods is necessary.

[Complement Ther Med](#). 2011 Jan;19 Suppl 1:S1-7. Epub 2010 Oct 16.

Acupuncture attenuates autonomic responses to smoking-related visual cues.

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Abstract

OBJECTIVES: In smokers, smoking-associated cues produce smoking urges and cravings, which are accompanied by autonomic dysfunction in response to these cues. We investigated whether or not acupuncture ameliorated cigarette withdrawal symptoms, as well as attenuated the autonomic responses to smoking-related visual cues in smokers using a power spectrum analysis of heart rate variability (HRV).

INTERVENTIONS: Fifteen subjects were treated with real acupuncture (RA) at HT7 and 14 subjects received sham acupuncture (SA) at LI10 using the Park Sham Device.

MAIN OUTCOME MEASURE: The cigarette withdrawal scale (CWS) was measured on the third day after the subjects had quit smoking. We compared the low-frequency/high-frequency (HF/LF) ratio in the HRV of the RA and SA groups during a distraction task using neutral and smoking visual cues.

RESULTS: The CWS of the RA group was significantly lower than that of the SA group. The increase in the LF/HF ratio of HRV induced by the smoking-related visual cues was also significantly lower in the RA group when compared with the SA group. Acupuncture not only ameliorated cigarette withdrawal, but also weakened the autonomic responses to smoking cues during withdrawal.

CONCLUSIONS: These findings suggest that acupuncture might help in smoking cessation by attenuating withdrawal symptoms and smoking cues-induced autonomic responses.

[Evid Based Complement Alternat Med.](#) 2009 Jan 20. [Epub ahead of print]

A Standardized Transcutaneous Electric Acupoint Stimulation for Relieving Tobacco Urges in Dependent Smokers.

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Abstract

The efficacy of acupuncture in smoking cessation, and its effect on the urge to smoke are unclear. We evaluated the effect of a standardized protocol of transcutaneous electric acupoint stimulations (TEAS) on alleviating the urge to smoke. Ninety-eight smokers were recruited in two double-blind studies. Participants abstained from smoking for 26 h, and were randomized to receive TEAS alternating between 2 and 100 Hz at four acupoints (LI4 and PC8, PC6 and TE5) at four different intensities (10, 5, Intermittent 5 or 0 mA). The urge to smoke was assessed by the Questionnaire of Smoking Urges (QSU-Brief). In Experiment 1, the 10 mA group (n = 20) was compared with the 5 mA group (n = 20); the increase in smoking urges did not differ significantly. Considering the possibility that 5 mA may be an active intervention, in Experiment 2, a true placebo (0 mA), and a proxy of placebo [Intermittent 5 mA (i5 mA)] were compared with 10 mA TEAS. In this experiment, 10 mA (n = 20) TEAS showed a tendency to alleviate smoking urges compared with 0 mA (n = 16), and i5 mA (n = 19) TEAS. Only when the data of smokers with Fagerstöm Test for Nicotine

Dependence score ≥ 5 were analyzed that the difference between the 10 mA group and the control group (0 and 5 mA) became significant. **Based on these preliminary findings, we conclude that TEAS applied on the skin may antagonize the increase in urge to smoke in abstinent-dependent smokers.** It seems warranted to assess the efficacy of TEAS in smoking cessation clinical trials involving a larger population of dependent smokers.

[Zhongguo Zhen Jiu](#). 2008 Feb;28(2):133-4.

[Acupuncture combined with auricular point sticking and pressing for smoking cessation of 53 cases in Russia].

[Article in Chinese]

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Abstract

OBJECTIVE: To observe therapeutic effect of acupuncture combined with auricular point sticking and pressing for smoking cessation.

METHODS: Body acupoints for acupuncture, Jieyan (two horizontal fingers above styloid process of radius), Shenmen (HT 7), Zhongwan (CV 12), Zusanli (ST 36), Sanyingjiao (SP 6). Main ear acupoints: Kou (mouth), Fei (lung), Shenmen, and adjuvant ear points: Shenshangxian (adrenal gland), Wei (stomach), Xin (heart), Neifenmi (endocrine), Qiguan (trachea), Gan (liver). The treatment was given once daily, 6 sessions constituting one course, and the therapeutic effects were observed after 4 courses.

RESULTS: Thirty-six were cured, 12 cases were effective, 5 cases were ineffective.

CONCLUSION: Acupuncture combined with auricular point sticking and pressing has reliable therapeutic effect for smoking cessation, but it is needed that the patient cooperates actively and has the will of smoking cessation, so as to avoid re-taking smoking.

[Int J Neurosci](#). 2007 May;117(5):571-8.

Smoking cessation after acupuncture treatment.

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Abstract

Acupuncture is applied, especially in treatment of pain, hemiplegia, obesity, and psychological illnesses including addiction. Recently, ear and body acupuncture have been frequently used in the treatment of smoking. An increase in levels of endorphin, enkephalin, epinephrine, norepinephrine, serotonin, and dopamine in the central nervous system and plasma has been reported as the most important mechanism of acupuncture. That is, acupuncture application may increase the levels of endorphin, enkephalin, epinephrine, norepinephrine, serotonin, and dopamine in the central nervous system and plasma. The authors think that acupuncture application provides the patients with deterioration in the taste of smoking, decrease in desire of smoking, and the obstruction of psychological symptoms that appear as a result of smoking cessation. **Because of these effects it is presumed that acupuncture application may be used as an important method for smoking cessation treatment.**

Comparing effects of auricular acupressure with and without an internet-assisted program on smoking cessation and self-efficacy of adolescents.

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Abstract

OBJECTIVES: This study aimed to develop an Internet-assisted smoking cessation program accompanied with auricular acupressure, and compare the quit rate and self-efficacy of youth smokers receiving auricular acupressure with and without the Internet-assisted smoking cessation program.

DESIGN: A Website was constructed on IBM Websphere 5.0 and DB2 database using HTML, Javascript, and JSP. A quasiexperimental research design was adopted. Subjects were assigned nonrandomly to two groups. Group 1 received auricular acupressure plus the Internet-assisted smoking cessation program, whereas group 2 received auricular acupressure only.

MEASUREMENTS: The data of demographic factors, serum cotinine, quitting rate, nicotine dependence, and self-efficacy of subjects were collected before and after a 4-week intervention.

RESULTS: After intervention, the quit rate was 15.78% in group 1 and 2.56% in group 2. Nicotine dependence was significantly lowered in group 1, but remained unchanged in group 2. The improvement of self-efficacy between groups 1 and 2 was significantly different.

CONCLUSIONS: **The combination of auricular acupressure and Internet-assisted smoking cessation program was more efficacious than auricular acupressure alone in terms of quit rate.**

[Am J Public Health](#). 2002 Oct;92(10):1642-7.

Auricular acupuncture, education, and smoking cessation: a randomized, sham-controlled trial.

[Bier ID](#), [Wilson J](#), [Studt P](#), [Shakleton M](#).

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Comment in:

- [Am J Public Health](#). 2003 Feb;93(2):187.

Abstract

OBJECTIVES: This study examined the effect of acupuncture alone and in combination with education on smoking cessation and cigarette consumption.

METHODS: We prospectively studied 141 adults in a quasi-factorial design using acupuncture, sham acupuncture, and education.

RESULTS: All groups showed significant reductions in smoking and posttreatment cigarette consumption, with the combined acupuncture-education group showing the greatest effect from treatment. The trend continued in follow-up; however, significant differences were not maintained. Greater pack-year history (i.e. the number of years smoking multiplied by baseline number of cigarettes smoked per year, divided by 20 cigarettes per pack) negatively correlated with treatment effect. Trend analysis suggested 20 pack-years as the cutoff point for this correlation.

CONCLUSIONS: Acupuncture and education, alone and in combination, significantly reduce smoking; however, combined they show a significantly greater effect, as seen in subjects with a greater pack-year history.

[Prev Med.](#) 2001 Nov;33(5):364-72.

Effect of acupuncture on smoking cessation or reduction: an 8-month and 5-year follow-up study.

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Abstract

BACKGROUND: This study was undertaken to examine whether acupuncture treatment may have a long-term effect on smoking cessation or reduction.

METHODS: Altogether 46 healthy men and women who reported smoking 20 +/- 6 cigarettes per day (mean +/- SD) volunteered in the study. They were randomly assigned to a test group (TG) or to a control group (CG) in which presumed anti-smoking acupoints were stimulated (TG) or acupuncture was applied to acupoints considered to have no effect on smoking cessation (CG). Before each treatment, after the last one, and 8 months and 5 years after the last one, each subject answered questionnaires about his or her smoking habits and attitudes. Blood samples for measuring variables related to smoking, i.e., serum cotinine and serum thiocyanate, were taken.

RESULTS: During the treatment period the reported cigarette consumption fell on average by 14 (TG) and 7 (CG) cigarettes per day ($P < 0.001$). For both groups the reported cigarette consumption rose on average by 5-7 cigarettes during the following 8 months, and there was no systematic change thereafter. Consequently, TG showed a maintained reduction in smoking; no lasting effect was seen for CG. The TG reported that cigarettes tasted worse than before the treatments, and also the desire to smoke fell. For TG the serum concentration of cotinine fell, and the values correlated with the reported smoking.

CONCLUSIONS: This study confirms that **adequate acupuncture treatment may help motivated smokers to reduce their smoking, or even quit smoking completely, and the effect may last for at least 5 years.** Acupuncture may affect the subjects' smoking by reducing their taste of tobacco and their desire to smoke. Different acupoints have different effects on smoking cessation.

[Br J Gen Pract.](#) 1998 Aug;48(433):1487-90.

A single-blind, placebo-controlled trial of a simple acupuncture treatment in the cessation of smoking.

[Waite NR](#), [Clough JB](#).

Child Health, Southampton Hospital.

Comment in:

- [Br J Gen Pract.](#) 1998 Nov;48(436):1789.

Abstract

BACKGROUND: Tobacco smoking is a major cause of preventable disease and premature death.

Physicians should play an active role in the control of smoking by encouraging cessation and helping the smoker to choose the most suitable aid to cessation.

AIM: To evaluate a simple, ear acupuncture treatment for the cessation of smoking.

METHOD: Randomized, single-blind, placebo-controlled trial of 78 currently smoking volunteers from the general public. Volunteers attended an acupuncture clinic in a general practice setting and were given a single treatment of electroacupuncture using two needles at either an active or a placebo site plus self-retained ear seeds for two weeks. The major outcome measure was biochemically validated total cessation of smoking at six months.

RESULTS: A total of 12.5% of the active treatment group compared with 0% of the placebo group ceased smoking at six months ($P = 0.055$, 95% confidence interval -0.033 to 0.323).

CONCLUSION: **This simple ear electroacupuncture treatment was significantly more effective in helping volunteers to quit smoking than placebo treatment.**

[Prev Med](#). 1997 Mar-Apr;26(2):208-14.

Effects of acupuncture on smoking cessation or reduction for motivated smokers.

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Abstract

BACKGROUND: This study was undertaken to examine the effects of acupuncture on smoking reduction and possibly also cessation and to examine whether some acupoints are more effective than others for smoking cessation.

METHODS: A total of 46 healthy men and women, 39 +/- 9 years of age (mean +/- SD), who smoked 20 +/- 6 cigarettes per day and had smoked for 23 +/- 8 years, and who wanted to quit smoking, volunteered to participate. The subjects were randomly assigned to two groups. One group was given acupuncture treatment at points previously used for anti-smoking (test group, TG). The other group was given acupuncture treatment at points assumed to have no effect for smoking cessation (control group, CG).

Before each treatment and after the last treatment each subject answered questionnaires about his or her smoking habits and attitudes. In addition the concentrations of serum cotinine, serum thiocyanate, serum peroxides, and plasma fibrinogen were measured before the first and after the last acupuncture treatment.

RESULTS: The daily cigarette consumption fell during the treatment period in both groups, but the reduction was larger for TG than for CG ($P < 0.002$). Altogether 31% of subjects in TG had quit smoking completely at the end of the treatment, compared with none in CG. For TG the concentrations of cotinine and thiocyanate were reduced significantly after the treatment period ($P < 0.001$), but no significant reductions were observed for CG. For both groups the taste of tobacco worsened during the treatment period, but the effect was more pronounced for TG than for CG ($P < 0.05$). The desire to smoke fell significantly in both groups after treatment, and the reduction was larger for TG than for CG ($P < 0.001$). No significant changes in serum peroxides and plasma fibrinogen concentrations were observed during the treatment period for either group.

CONCLUSIONS: This study suggests that acupuncture may help motivated smokers to reduce their smoking or even quit smoking completely. Different acupoints appear to have different effects for smoking cessation and reduction.