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Bonnie Spring

Smoking Cessation With Weight Gain Prevention

Facilitator Guide

Smoking Cessation With Weight Gain Prevention

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Smoking Cessation With Weight Gain Prevention

A GROUP PROGRAM

Facilitator Guide

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OXFORD
UNIVERSITY PRESS

2009

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Oxford University Press, Inc., publishes works that further
Oxford University's objective of excellence
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Oxford New York
Auckland Cape Town Dar es Salaam Hong Kong Karachi
Kuala Lumpur Madrid Melbourne Mexico City Nairobi
New Delhi Shanghai Taipei Toronto

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Argentina Austria Brazil Chile Czech Republic France Greece
Guatemala Hungary Italy Japan Poland Portugal Singapore
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Published by Oxford University Press, Inc.
198 Madison Avenue, New York, New York 10016

www.oup.com

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Library of Congress Cataloging-in-Publication Data

Spring, Bonnie J.

Smoking cessation with weight gain prevention : a group program : facilitator guide / Bonnie Spring.
p. ; cm. — (Treatments That Work)

Includes bibliographical references.

ISBN 978-0-19-531402-1

1. Smoking cessation. 2. Cigarette smokers—Rehabilitation. 3. Nicotine addiction—Treatment.
4. Obesity—Prevention. 5. Group psychotherapy. I. Title. II. Series: Treatments that work.
[DNLM: 1. Smoking Cessation—methods. 2. Adaptation, Psychological. 3. Overweight—
prevention & control. 4. Psychotherapy, Group—methods. 5. Weight Gain. WM 290 S769s 2009]
RC567.S75 2009
616.86'506—dc22

2008027001

9 8 7 6 5 4 3 2 1

Printed in the United States of America
on acid-free paper

Stunning developments in healthcare have taken place over the last several years, but many of our widely accepted interventions and strategies in mental health and behavioral medicine have been brought into question by research evidence as not only lacking benefit, but perhaps, inducing harm. Other strategies have been proven effective using the best current standards of evidence, resulting in broad-based recommendations to make these practices more available to the public. Several recent developments are behind this revolution. First, we have arrived at a much deeper understanding of pathology, both psychological and physical, which has led to the development of new, more precisely targeted interventions. Second, our research methodologies have improved substantially, such that we have reduced threats to internal and external validity, making the outcomes more directly applicable to clinical situations. Third, governments around the world and healthcare systems and policymakers have decided that the quality of care should improve, that it should be evidence based, and that it is in the public's interest to ensure that this happens (Barlow, 2004; Institute of Medicine, 2001).

Of course, the major stumbling block for clinicians everywhere is the accessibility of newly developed evidence-based psychological interventions. Workshops and books can go only so far in acquainting responsible and conscientious practitioners with the latest behavioral healthcare practices and their applicability to individual patients. This new series, *TreatmentsThatWork*TM, is devoted to communicating these exciting new interventions to clinicians on the frontlines of practice.

The manuals and workbooks in this series contain step-by-step detailed procedures for assessing and treating specific problems and diagnoses.

But this series also goes beyond the books and manuals by providing ancillary materials that will approximate the supervisory process in assisting practitioners in the implementation of these procedures in their practice.

In our emerging healthcare system, the growing consensus is that evidence-based practice offers the most responsible course of action for the mental health professional. All behavioral healthcare clinicians deeply desire to provide the best possible care for their patients. In this series, our aim is to close the dissemination and information gap and make that possible.

This facilitator guide outlines a 16-week group program designed to help smokers quit smoking without gaining weight. It is important to note that the primary goal of this intervention is the cessation of smoking. Weight-gain concerns are addressed secondarily. The first part of the program is about tapering or cutting back the number of cigarettes smoked, with the ultimate goal being to quit smoking altogether. The second part is about maintaining current weight through the use of a meal replacement program. A chapter in the guide provides advice on choosing an appropriate meal plan for your group. Throughout the program, participants are taught coping skills for managing urges to smoke and handling high-risk situations. Relapse prevention planning is also addressed. The objective of the intervention is to help participants improve their overall health and quality of life.

Complete with step-by-step instructions for starting and running the group, as well as lists of materials needed, session outlines, and copies of relevant forms and worksheets, this facilitator guide provides you with all the information you need to successfully implement this program. Also available is a corresponding participant workbook that includes assessment measures, educational information, and forms and worksheets for completing home assignments.

David H. Barlow, Editor-in-Chief,
Treatments That Work™
Boston, MA

References

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Acknowledgments

Development of this treatment was supported in part by National Institutes of Health grant HL075451 and by an award from the American Cancer Society. I would like to acknowledge the editorial help of Mariclaire Cloutier and Cristina Wojdylo of Oxford University Press.

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Background Information and Purpose of This Program

This facilitator guide outlines a 16-week smoking cessation program designed to help women quit smoking without gaining weight. The focus of the group and the most important health goal is to help participants quit smoking. Concerns about weight are addressed secondarily by providing group members with a meal replacement program. The eating program replaces self-chosen meals with commercially available, energy-reduced products that are vitamin and mineral fortified. The idea behind meal replacement is to help participants simplify their food choices, while regulating the number of calories each person needs to consume in order to maintain her current weight. It is important to remember that the goal here is to maintain current weight—not lose weight. There are many meal replacement programs and products available. It is up to you and your group to determine which plan will best fit everyone's needs (see Chapter 2 for more information).

Information About Cigarette Smoking

Cigarette smoking continues to be the single most important preventable cause of death, disease, and disability in the United States. Each year smoking takes the lives of 440,000 U.S. adults, contributing to 1 out of every 5 deaths (Centers for Disease Control and Prevention [CDC], 2003). Smoking is a key contributor to approximately 30% of all cancer deaths. Its role is pivotal in 87% of all lung cancer deaths. Importantly, lung cancer has now outstripped breast cancer as the major cancer killer of women. But cancers account for only approximately half