Stop smoking services: increased chances of quitting

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What is the basis for the claim 'People who smoke are three times as likely to succeed with the English stop smoking services as if they try to quit unaided'?

This statement derives from several sources. The unaided quit rate (percentage succeeding in stopping for at least 12 months) in the same type of people who smoke as those who use the stop smoking services is typically 3 to 4%.[1] The 12-month biochemically verified quit rates found for the English stop smoking services was found in one large study to be 9.3%.[2] These figures are in line with what would be expected from the randomised controlled trials of behavioural support and medication.[3,4]

It has been found that there is considerable variation in the effectiveness of different local services[2,5] and individual practitioners within services.[2,6] This is partly attributable to differences in the content of the treatment manuals, with some specific 'behaviour change techniques' in those manuals being linked to higher success rates than others.[7] Clients who receive support from specialist stop smoking practitioners quit at higher rates than those who are seen by non-specialists.[2]

The most up-to-date estimates of success rates according to different types of interventions are given in Bauld 2016.[2]

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