Can We Increase Smokers’ Adherence to Nicotine Replacement Therapy and Does This Help Them Quit?

Psychopharmacology

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Please rate the following statements about quitting smoking on a scale from 1 to 7 where:

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1. Quitting smoking depends more on will-power than on taking medicine.
2. Once my urges to smoke are mostly gone, I don’t need to use stop-smoking medicine.
3. I don’t have to use as much stop-smoking medicine as recommended.
4. Stop-smoking medicine probably won’t work for me.
5. If I start smoking again, there’s no reason to keep using my stop-smoking medicine.
6. I’m concerned about becoming addicted to the stop-smoking medicine.
7. Withdrawal symptoms only last a couple of weeks, so I don’t need to use stop-smoking medicine much longer than that.
8. Stop-smoking medicine may be dangerous to my health.
9. Stop-smoking medicine is hard to use as instructed.

**Fig 1** The nine items on the Wisconsin Beliefs Assessment on Smoking and Cessation (WI-BASC) questionnaire