

Smartphone apps for the prevention of smoking lapses to prevent relapse: A brief evidence review

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What did we do?

We undertook a review of the current evidence to map:

1. The availability and effectiveness of interventions to prevent smoking lapse.
2. Effectiveness of smartphone apps in aiding smoking cessation
3. Optimal study design to evaluate the effectiveness of smoking cessation interventions

Finding 1

Lapse prevention interventions

As smoking lapses compromise attempts to quit, lapse prevention interventions should be investigated as a standalone approach.

Finding 2

Smartphone apps to aid smoking cessation

Only four randomised controlled trials of cessation smartphone apps were identified, one of which was effective in increasing abstinence from smoking.
There is a great need for further evaluations of smoking cessation apps.

Finding 3

Optimal study design for evaluating smoking cessation interventions

Randomised controlled trials still appear to be the optimal study designs for evaluating digital intervention effectiveness.

Recommendations

The Smoke Free app has shown promise of effectiveness and a version of it is freely available on Android and Apple app stores.