

Tailoring Tobacco Cessation Treatment Plan Based on Motivation and Level of Nicotine Addiction

Motivation	Level of nicotine addiction		
Are you ready to stop using tobacco now?	Recommendation for low nicotine addiction (0-2)	Recommendation for medium nicotine addiction (3-4)	Recommendation for high nicotine addiction (5-6)
YES	Behavioral counseling and self-help guide to support quitting attempt and reinforce the benefits of tobacco cessation. Telephonic quitlines can provide excellent behavioral counseling support (1-800-QUITNOW in the US; online: www.smokefree.gov)	Behavioral counseling individually or in a group setting combined with approved pharmacotherapy such as nicotine replacement therapy, bupropion or varenicline. Telephonic quitlines can provide excellent behavioral counseling support (1-800-QUITNOW in the US; online: www.smokefree.gov)	Behavioral counseling individually or in a group setting combined with higher dose formulations of approved pharmacotherapy and combination therapies (for example bupropion and nicotine patch, or the nicotine patch and an oral dose forms of nicotine medications such as gum and lozenge) if individual treatments fail to provide sufficient relief from cravings. Telephonic quitlines can provide excellent behavioral counseling support (1-800-QUITNOW in the US; online: www.smokefree.gov). Consider referral to a tobacco dependence treatment specialist or mental health professional, especially if the patient has mental health or substance abuse problems.
NO	Behavioral counseling combined with information on the benefits of discontinued tobacco use.	Behavioral counseling combined with information on the benefits of discontinued tobacco use. Consider using pharmacotherapy as a way to get patients to reduce their tobacco consumption.	Behavioral counseling combined with information on the benefits of discontinued tobacco use. Consider using pharmacotherapy as a way to get patients to reduce their tobacco consumption. Consider referral to a tobacco dependence treatment specialist or mental health professional, especially if the patient has mental health or substance abuse problems.