

# **Systematic Review Evaluating the Current Smoking Cessation Protocols for Adolescents Smokers in Substance Use Treatment**

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**Introduction / Issues:** Adolescents with substance use disorders (SUD) smoke up to four times more than the general population of adolescents. Despite overwhelming evidence of the negative impact smoking has on substance use treatment and on overall health of adolescents, there has been very little progress made to overcome this issue. Many adolescents in Substance Use (SU) treatment expressing interest in quitting but most facilities do not have *or do not implement* a protocol for smoking cessation.

**Method / Approach:** The aim of this study was to review the literature on current protocols regarding smoking cessation for adolescents (aged 13-18) to ascertain the success of current protocols in effectively reducing smoking amongst this population and to identify the interaction between smoking cessation and SU treatment to guide a protocol for adolescents entering SU treatment. Of 1033 records identified from electronic databases only 9 were specific to smoking cessation of which 3 specific protocols.

## **Key Findings OR Results: Findings**

Protocols: All 3 records had 6 one hour/week sessions with a group discussion (progress, problems encountered, followed by review of previous material and presentation of new information. Each session concluded with goal setting and discussion of practice activities.

Effect of smoking cessation on substance use treatment:

Smoking cessation was associated with higher odds of drug abstinence.

Smokers were found to have significantly higher rates of relapse to alcohol, cannabis & other drugs.

Adolescents who participated in smoking interventions were 3.6x more likely to report less alcohol and other drug use at 3-month follow up compared to youth in the control condition.

Implementation of a distinct protocol for smoking cessation in adolescent SU treatment facilities is crucial for successful smoking cessation attempts.