Tobacco or Nicotine Dependence

The Biopsychosocial Model

Did you know...
- Nicotine is comparable to other drugs, like heroin or cocaine, in its addictive potential
- Average number of quit attempts before final success: 8 (Source: Mass. EOHHS)
- Success increases when there is a PLAN developed ahead of time that combines NRT or medication, cognitive behavioral strategies and counseling support

Treatment should address all three areas of the addiction:

Biological
- Consider nicotine replacement therapy (NRT) options such as the patch, gum, lozenge and (by prescription) the inhaler and nasal spray
- Bupropion: Zyban or Wellbutrin (by prescription only) helps to reduce cravings
- Varenicline: Chantix (by prescription only) blocks nicotine absorption in the brain
- If NRT or other Rx is not an option, learn cognitive-behavioral techniques to manage symptoms

Psychological
- Identify triggers (people, places, things) and paired activities, and develop cognitive and behavioral coping strategies for how to manage these situations. For example:
  - Change thinking: “Smoking is not an option.”
  - Change behaviors: “Coffee is a trigger. Instead, I will drink water.”
- Learn and practice new stress management skills

Social
- Develop coping strategies for social triggers
- Develop social supports for non-smoking lifestyle
- Access counseling for additional support