

# Longer duration of smoking abstinence is associated with waning cessation fatigue

Heckman, B., Cummings, K.M., Stoltman, J.J.K., Dahne, J., Borland, R., Fong, G.T., & Carpenter, M.J.

## **Abstract**

**BACKGROUND:** Cessation fatigue, a construct theorized to reflect exhaustion of coping resources due to quitting smoking, has been found to predict relapse. This study examines the association between cessation fatigue and duration of abstinence among 1397 adult former smokers who participated in the 2016 International Tobacco Control (ITC) Four Country Smoking and Vaping Wave 1 Survey (4CV). We hypothesized lower levels of cessation fatigue will be correlated with longer duration of abstinence.

**METHOD:** Data for this cross-sectional study were collected in a web-based survey which recruited national samples from Australia, Canada, England, and United States. Former smokers were abstinent up to five years.

**RESULTS:** Lower cessation fatigue was associated with longer duration of smoking abstinence. Cessation fatigue was highest in former smokers that had been quit for up to six months, with lower cessation fatigue found in those quit for at least seven months and another drop-off in fatigue observed for those quit for at least two years.

**CONCLUSIONS:** Cessation fatigue is highest soon after quitting smoking but declines over time for those who remain abstinent. Understanding the mechanisms by which cessation fatigue is related to abstinence could potentially offer insights into ways to help individuals sustain quitting.

## **Recommended Citation**

Heckman, B., Cummings, K.M., Stoltman, J.J.K., Dahne, J., Borland, R., Fong, G.T., Carpenter, M.J. (2019). Longer duration of smoking abstinence is associated with waning cessation fatigue. *Behaviour Research and Therapy*, 115, 12-18.

**Link To PDF:** <https://www.sciencedirect.com/science/article/pii/S000579671830189X?via%3Dihub>