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INTRODUCTION TO RESEARCH
BMH5005
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To explore the strategies to
prevent smoking cessation in
young adults in the UK

Research Aim and Objectives

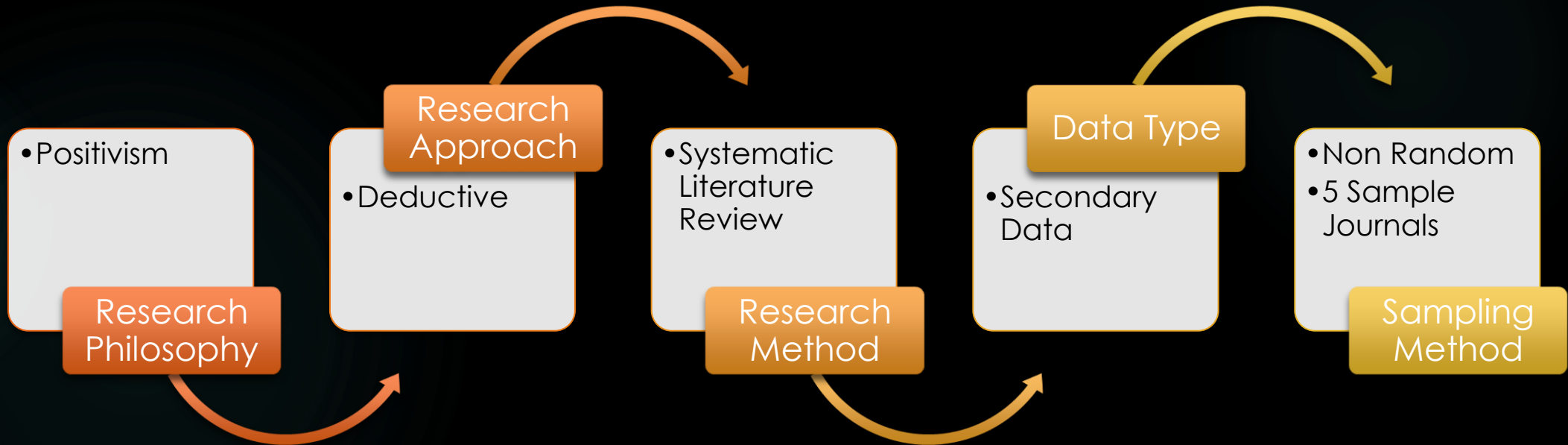
Research Aim

- ▶ This study has aimed to discover the approaches to inhibit smoking cessation in young adults in the UK.

Research Objectives

- ▶ The objective of the study had been-
- ▶ To identify the effectiveness of smoking cessation in young adults
- ▶ To assess the approaches taken to prevent smoking cessation in young adults in the UK
- ▶ To evaluate the effective way to prevent smoking cessation in young adults in the UK
- ▶ To recommend the development programs for preventing smoking cessation in young adults in the UK

Research Methodology



Ethical Considerations

Data Misrepresentation

- Inputting Data in the Correct Way

Proper Credit to the Author

- Harvard Referencing System to Cite Each Data

Illegal Source

- Data Collected From Google Scholar, Emerald, ResearchGate and University Library

Articles in Systematic Literature Review

Hajek, P., Stead, L.F., West, R., Jarvis, M., Hartmann-Boyce, J. and Lancaster, T., 2013. Relapse prevention interventions for smoking cessation.

Wu, A.D., Lindson, N., Hartmann-Boyce, J., Wahedi, A., Hajizadeh, A., Theodoulou, A., Thomas, E.T., Lee, C. and Aveyard, P., 2022. Smoking cessation for secondary prevention of cardiovascular disease.

Palmer, M., Sutherland, J., Barnard, S., Wynne, A., Rezel, E., Doel, A., Grigsby-Duffy, L., Edwards, S., Russell, S., Hotopf, E. and Perel, P., 2018. The effectiveness of smoking cessation, physical activity/diet and alcohol reduction interventions delivered by mobile phones for the prevention of non-communicable diseases: a systematic review of randomised controlled trials.

Aveyard, P. and Raw, M., 2012. Improving smoking cessation approaches at the individual level.

Hartmann-Boyce, J., Cahill, K., Hatsukami, D. and Cornuz, J., 2012. Nicotine vaccines for smoking cessation.

Key Findings

Hajek, P., Stead, L.F., West, R., Jarvis, M., Hartmann-Boyce, J. and Lancaster, T., 2013.	Behavioural techniques can be an effective way to solve the problem of smoking in different cases. In this way, self-managed programs can be used to change certain behaviours and make proper changes so that smoking habits become obsolete. Moreover, using the self-management program, one can learn about one problem and weaknesses about own self and change the attitudes and behaviours accordingly.
Wu, A.D., Lindson, N., Hartmann-Boyce, J., Wahedi, A., Hajizadeh, A., Theodoulou, A., Thomas, E.T., Lee, C. and Aveyard, P., 2022	The use of smoking cessation programs can be the ideal way to strategically get rid of the smoking habit for good. In this way, an individual can slowly get rid of the habit and infuse a proper and healthy lifestyle in a much more effective way. Moreover, this method allows an individual to learn about the benefits of a smoking-free lifestyle while increasing the healthiness that one has.
Palmer, M., Sutherland, J., Barnard, S., Wynne, A., Rezel, E., Doel, A., Grigsby-Duffy, L., Edwards, S., Russell, S., Hotopf, E. and Perel, P., 2018.	Smoking cessation can be easily implemented through the cold turkey method. This method is more focused on increasing the efficiency of smoking cessation. An individual can focus on giving up smoking at a random point in time and not smoking from then on. This method helps the individual to completely enjoy a healthy lifestyle at an early time. However, this method does not consider the fact that giving away one habit is a gradual process but rather considers smoking to be a part of life that needs to be cut off for good.
Aveyard, P. and Raw, M., 2012.	The taper method is discussed in this study where pharmaceutical help is also considered. Using pharmaceutical elements including nicotine patches and other medicines to reduce the urge for smoking can be effective. In this method, one focuses on reducing the urge at first and trying to cope with a new lifestyle by simply reducing nicotine consumption.
Hartmann-Boyce, J., Cahill, K., Hatsukami, D. and Cornuz, J., 2012.	This study has also evaluated the effectiveness of the medication. The study has considered the use of vaccines and other methods while implementing a smoking cessation program. This is a systematic approach for preventing smoking cessation and can help individuals to be more strategic in terms of maintaining smoking consumption. Young adults can change their habits through medical as well as psychological support which can be seen as a more effective solution.

Strengths of the Secondary Study

Vast
Amount of
Data

Limited
Resource
Required

Increased
Amount of
Analysis

Limitations of the Secondary Analysis

Old Data

Not Purely
Targeted
Population

Recommendations

- ▶ Concentration on implementing smoking cessation through a smoking cessation program is much ideal and can influence making better corrections.
- ▶ A taper method for young adults in the UK can also be a crucial way in which a sustainable result can be gained.
- ▶ Going through strategic programs for such cases along with medical support can ensure a much better result.

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