



Tobacco Treatment Resource: Evidence Guide

This Evidence Guide is intended to be read in conjunction with the Tobacco Treatment Resource. The Evidence Guide summarises key information sources, including public health advice and academic literature, on which the recommendations in the Resource are based.

People living with a serious mental illness have a 15-year mortality gap and poorer physical health outcomes when compared to the general population. While there are multiple reasons for this (see [here](#) for a summary), smoking is the biggest lifestyle risk factor for premature mortality. Smoking rates in people taking psychotropic medications are up to six times higher compared to the general Australian population.

Smoking cessation interventions have been shown to be successful in people taking psychotropic medication. People in this category may require an extra layer of support to assist them on their quit journey. The **Tobacco Treatment Resource** guides health professionals in safely supporting smoking cessation in individuals who are receiving psychotropic medications. It promotes person-centred care, fostering shared decision-making between consumers and clinicians by providing evidence-based guidance for structured, individualised conversations.

The Resource supports [Priority 5 of the Fifth National Mental Health and Suicide Prevention Plan](#) and the [Equally Well Consensus Statement](#) and [Roadmap](#) for improving the physical health outcomes of people living with mental illness and reducing early mortality.



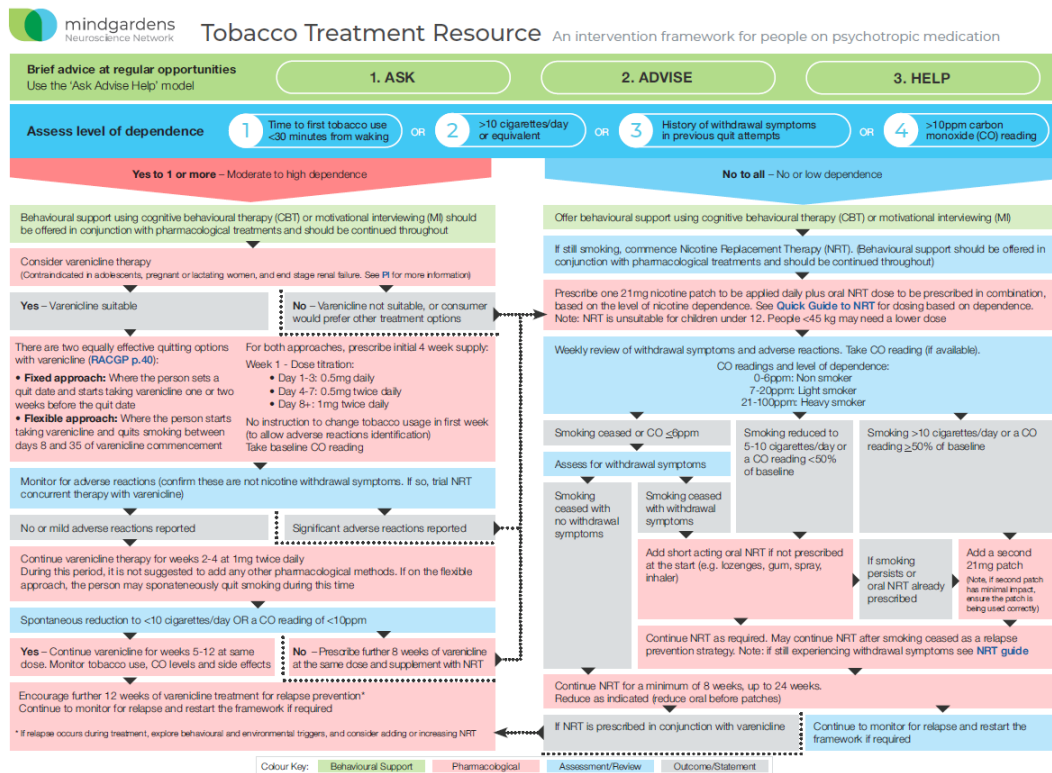
Scan the QR code to view the full suite of Keeping the Body in Mind(gardens) resources on the Mindgardens Neuroscience Network website, including the Tobacco Treatment Resource.

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Evidence for the interventions in the Resource

The Resource recommends established health interventions, supported by multiple expert organisations and authors. Links to key evidence for these interventions, including clinical guidelines and consensus statements, are listed here by category.



Brief Advice

- The [Ask, Advise, Help model](#) is a tool to help clinicians support smoking cessation.
 - Quit Victoria, 2023

Level of Dependence

- [Assessing Nicotine Dependence](#)
 - New South Wales Ministry of Health, 2016

Behavioural Support

- [Addressing concerns about smoking cessation and mental health: theoretical review and practical guide for healthcare professionals](#) is an evidence based guide to providing behavioural support for smoking cessation
 - Taylor, G. et al, BJ Psych Advances, 2021

Varenicline Dosing

- [Pharmacotherapy for smoking cessation](#)
 - Royal Australian College of General Practitioners, 2021

Varenicline Safety

- [Prescribing Prevalence, Effectiveness, and Mental Health Safety of Smoking Cessation Medicines in Patients With Mental Disorders](#)
 - Taylor, G. et al, Nicotine & Tobacco Research, 2020

Nicotine Replacement Therapy

- [Pharmacotherapy for smoking cessation](#)
 - Royal Australian College of General Practitioners, 2021

Other topics

The reverse page of the Tobacco Treatment Resource includes additional advice, drawn from the following expert source:

- [Tools for health professionals to manage nicotine dependence](#)
 - NSW Health, 2023

Other useful resources

- [How to quit smoking and vaping](#)
 - Australian Government Department of Health and Aged Care
- [Quit smoking: Quitting will benefit your health](#)
 - Cancer Council
- [Stopping smoking | NSW Government](#)
 - NSW Health
- [Quitline](#)
 - Quit Victoria
- [iCanQuit | Quit Smoking NSW | Learn How to Quit Smoking](#)
 - Cancer Institute NSW
- [Clinical Tools & Guidelines](#)
 - Quit Victoria
- [Keeping the Body in Mind\(gardens\) resources](#)
 - Mindgardens Neuroscience Network

Additional references

As well as the health guidelines listed above, the Resource has drawn extensively from peer-reviewed academic literature, including the following publications.

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