

<b>Appendix 1:</b> Odds ratios for effective pharmacologic and behavioural smoking cessation interventions (v. each other, placebo or control) in achieving long-term abstinence	
Intervention	Odds ratio (95% CI)
<b>Pharmacologic<sup>1</sup></b>	
NRT v. placebo	1.84 (1.71–1.99)
NRT patch v. placebo	1.91 (1.71–2.14)
NRT gum v. placebo	1.68 (1.51–1.88)
Combination NRT v. placebo	2.73 (2.07–3.65)
Combination NRT v. NRT patch	1.43 (1.08–1.91)
Combination NRT v. NRT gum	1.63 (1.21–2.20)
Bupropion v. placebo	1.82 (1.60–2.06)
Varenicline v. placebo	2.88 (2.40–3.47)
Varenicline v. NRT	1.57 (1.29–1.91)
Varenicline v. NRT patch	1.51 (1.22–1.87)
Varenicline v. NRT gum	1.72 (1.38–2.13)
Varenicline v. bupropion	1.59 (1.29–1.96)
<b>Behavioural</b>	
Individual counselling v. control* <sup>2</sup>	1.39 (1.24–1.57)
Group therapy v. self-help or less intensive interventions <sup>3</sup>	1.98 (1.60–2.46)
<b>Combined pharmacologic and behavioural</b>	
Pharmacotherapy plus behavioural treatment† v. control <sup>4</sup>	1.82 (1.66–2.00)
<small>Note: CI = confidence interval, NRT = nicotine replacement therapy.  *Control includes usual care, brief advice or less intensive behavioural support.  †Behavioural treatment includes brief advice and counselling.</small>	

## References

1. Cahill K, Stevens S, Perera R, et al. Pharmacological interventions for smoking cessation: an overview and network meta-analysis [review]. *Cochrane Database Syst Rev* 2013;(5):CD009329.
2. Lancaster T, Stead L. Individual behavioural counselling for smoking cessation [review]. *Cochrane Database Syst Rev* 2005;(2):CD001292.
3. Stead L, Lancaster T. Group behaviour therapy programmes for smoking cessation [review]. *Cochrane Database Syst Rev* 2005;(2):CD001007.
4. Stead L, Lancaster T. Combined pharmacotherapy and behavioural interventions for smoking cessation [review]. *Cochrane Database Syst Rev* 2012;10:CD008286.