TITLE: Smoking Cessation Interventions for Patients with Severe Mental Illnesses: Clinical Effectiveness and Guidelines

DATE: 04 August 2016

RESEARCH QUESTIONS

1. What is the clinical evidence regarding the effectiveness of smoking cessation interventions for patients with severe mental illnesses?

2. What are the evidence-based guidelines regarding smoking cessation interventions for patients with severe mental illnesses?

KEY FINDINGS

Six systematic reviews with meta-analyses, eight randomized controlled trials, and six non-randomized studies were identified regarding the effectiveness of smoking cessation interventions for patients with severe mental illnesses.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2006 and July 22, 2016. Internet links were provided, where available.

SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.
### Table 1: Selection Criteria

<table>
<thead>
<tr>
<th>Population</th>
<th>Adult patients who are smokers and who have severe mental illnesses (schizophrenia, schizo-affective disorder, psychosis, bipolar disorder, other psychotic disorders; also post-traumatic stress disorder)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interventions</td>
<td>Nicotine Replacement Therapy (NRT); Varenicline; Bupropion; Combination therapies that include either NRT or an oral drug</td>
</tr>
<tr>
<td>Comparators</td>
<td>Q1: Any comparator; No active comparator; Comparisons between those with and without mental illnesses; Q2: No comparator</td>
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<tr>
<td>Outcomes</td>
<td>Q1: Length of time for success, doses that are successful, safety. Q2: Guidelines for those with severe mental illnesses</td>
</tr>
<tr>
<td>Study Designs</td>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, evidence-based guidelines</td>
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</table>

### RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

Six systematic reviews with meta-analyses, eight randomized controlled trials, and six non-randomized studies were identified regarding the effectiveness of smoking cessation interventions for patients with severe mental illnesses. No relevant health technology assessments or evidence-based guidelines were identified.

Additional references of potential interest are provided in the appendix.

### Health Technology Assessments

No literature identified.

### Systematic Reviews and Meta-analyses

   PubMed: PM26594837

   PubMed: PM27043328


Randomized Controlled Trials


Non-Randomized Studies


Guidelines and Recommendations
No literature identified.

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Appendix – Further information:

Previous CADTH Reports


Randomized Controlled Trials – Severity of Mental Illness Unspecified


Non-Randomized Studies – Severity of Mental Illness Unspecified


