

# Extended pre-cessation bupropion helps smokers quit

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(HealthDay)—Extended pre-quit bupropion is associated with reduced smoking behavior during the pre-quit period and improved short-term abstinence rates, according to a study published online Jan. 14 in *Nicotine & Tobacco Research*.

Larry W. Hawk Jr., Ph.D., from the State University of New York at Buffalo, and colleagues examined whether four weeks of pre-quit [bupropion](#) results in greater pre-quit reductions in smoking rate than the standard one week of pre-quit bupropion (standard run-in). Ninety-five adult smokers (48 females) were randomly allocated to a standard run-in group (48 participants) or an extended run-in group (47 participants). Group behavioral counseling and seven weeks of post-quit bupropion were provided to all participants.

The researchers found that, compared with the standard run-in group, the extended run-in group demonstrated a greater reduction in smoking rate during the pre-quit period ( $P = 0.03$ ). A similar pattern was seen for cigarette craving and salivary cotinine, although the latter was only seen in women. The rates of biochemically verified four-week continuous [abstinence](#) were elevated in the extended run-in versus standard run-in group (53 versus 31 percent;  $P = 0.033$ ).

"The data are consistent with extinction-of-reinforcement model and support further investigation of extended run-in bupropion therapy for smoking cessation," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry; one author provides expert testimony in litigation against cigarette manufacturers and is involved in a trial evaluating a [nicotine](#) vaccine.

**More information:** [Abstract](#)

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