# PEARLS

Practical Evidence About Real Life Situations

## Text-based messaging interventions improve smoking cessation rates

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| **Clinical Question** | How effective are mobile phone-based smoking cessation interventions (mCessation) for increasing smoking cessation rates in people who smoke. |
| **Bottom Line** | There was moderate-certainty evidence that text-message-based interventions improved smoking cessation rates, either delivered on their own or as an add-on to other treatments. These interventions increased quit rates by 50% to 60%. There was not enough evidence to determine the effect of smartphone apps. |
| **Caveat** | Most of the studies were of high quality, although three studies had high dropout rates. Studies measured smoking for six months or longer. Most studies were conducted in high-income countries. |
| **Context** | MmCessation support offers the opportunity to provide behavioural support to those who cannot or do not want face-to-face support. In addition, mCessation can be automated and therefore provided affordably even in resource-poor settings. |
| **Cochrane Systematic Review** | Whittaker R et al. Mobile phone text messaging and app-based interventions for smoking cessation. Cochrane Reviews, 2019, Issue 10. Art. No.: CD006611.DOI:10.1002/14651858.CD006611.pub5. This review contains 26 studies involving 33,849 participants. |

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Systematic review link:
https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006611.pub5/full