



Evidence reviews

Evidence review

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Evidence review 2025

In 2025, we reviewed the evidence in the following area. We made a new recommendation and made changes to some existing recommendations (labelled 2025).

- [Q: cytisinicline for smoking cessation](#)

Evidence review 2022

In 2022, we reviewed the evidence in the following area and made recommendations (labelled 2021, amended 2022):

- [P: effectiveness and cost effectiveness of Allen Carr's Easyway](#)

Evidence reviews 2021

In 2021, we reviewed the evidence in the following areas and made recommendations (labelled 2021):

- [A and B: mass media and prevention](#)
- [C and D: reducing proxy purchasing of tobacco and reducing illicit supply of tobacco](#)
- [E: Smokefree Class competitions](#)
- [F and G: e-cigarettes and young people](#)
- [H: opt-out stop smoking support](#)
- [I: incentives during pregnancy](#)
- [J: nicotine replacement therapies and e-cigarettes in pregnancy](#)
- [K: cessation and harm reduction treatments](#)
- [K: cessation and harm reduction treatments \(Appendices\)](#)
- [L : barriers and facilitators to using e-cigarettes for cessation or harm reduction](#)
- [M: long-term health effects of e-cigarettes](#)
- [N: smoking relapse prevention](#)
- [O: tailored interventions for those with mental health conditions](#)

Evidence reviews 2018

These evidence reviews support the [2018] and [2018, amended 2021] recommendations.

NG92

- [NG92 Evidence review A: Stop smoking services](#)
- [NG92 Evidence review B: Interventions to aid smoking cessation: behavioural support and pharmacotherapy](#)
- [NG92 Evidence review C: Advice on e-cigarettes on general sale](#)
- [NG92 Evidence review D: Digital media as an adjunct](#)
- [NG92 Evidence review E: Advice](#)
- [NG92 Appendices A: Methodology, D: Evidence tables, E: Excluded studies, F: Expert testimonies, G: Quality assessment tools, H: Quality assessment appraisal, I: Committee membership and Declarations of interest](#)
- [NG92 Appendix B: Review protocol](#)
- [NG92 Appendix C: Search strategies](#)
- [NG92 Economic modelling report](#)

Evidence reviews 2013

These evidence reviews support the [2013] and [2013, amended 2021] recommendations.

PH48

- [PH48 Evidence statements](#)
- [PH48 Economic analysis of smoking cessation in secondary care](#)
- [PH48 Review of cost effectiveness](#)
- [PH48 Combined evidence reviews \(reviews 1 to 7, including appendices\)](#)
- [PH48 Review 1 – Review of effects of nicotine in secondary care](#)
- [PH48 Review 2 – Effectiveness of smoking cessation interventions in acute and maternity services](#)
- [PH48 Review 3 – Barriers & facilitators for smoking cessation interventions in acute and maternity services](#)
- [PH48 Review 4 – Effectiveness of smoking cessation interventions in mental health services](#)
- [PH48 Review 4 – Appendices](#)
- [PH48 Review 5 – Barriers & facilitators for smoking cessation interventions in mental health services](#)
- [PH48 Review 5 – Appendices](#)
- [PH48 Review 6 – Effectiveness of smokefree strategies in secondary care settings](#)
- [PH48 Review 6 – Appendices](#)
- [PH48 Review 7 – Barriers & facilitators for smokefree strategies and interventions in secondary care](#)
- [PH48 Review 7 – Appendices](#)
- [PH48 Combined expert papers \(papers 1 to 8\)](#)
- [PH48 Expert paper 1 – Stop smoking interventions in secondary care – final report](#)
- [PH48 Expert paper 2 – Streamlined secondary care system – project report](#)
- [PH48 Expert paper 3 – Bedside interventions for smoking cessation RCT of systematic identification and treatment](#)
- [PH48 Expert paper 4 – Association between smoking and mental disorders](#)
- [PH48 Expert paper 5 – Prevalence of smoking in people with mental health problems](#)
- [PH48 Expert paper 6 – Ethical issues for smoking cessation and smokefree policies](#)
- [PH48 Expert paper 7 – Smoking and mental disorder](#)
- [PH48 Expert paper 8 – SLaM NHS Foundation Trust Smoke-free pilot](#)

PH45

- [PH45 Evidence review 1 - Safety, risk and pharmacokinetics profiles of tobacco harm reduction](#)
- [PH45 Evidence review 2 - Effectiveness of cut down to quit approaches](#)
- [PH45 Evidence review 3 - Effectiveness of long term reduction approaches](#)
- [PH45 Evidence review 3 - Appendices](#)
- [PH45 Evidence review 4 - Barriers and facilitators to implementing tobacco harm reduction approaches](#)
- [PH45 Evidence review 4 - Appendices](#)
- [PH45 Evidence review 5 - Long term use of non-tobacco nicotine containing products in individuals who have quit smoking abruptly](#)
- [PH45 Expert paper 1 - Electronic cigarettes](#)
- [PH45 Expert paper 2 - Effectiveness of NRT for smoking reduction or temporary abstinence](#)
- [PH45 Expert paper 3 - Routes to Quit Pilots \(final report March 2012\)](#)
- [PH45 Expert paper 4 - Harm reduction - Views from a smoker's panel](#)
- [PH45 Expert paper 5 - Smokefree mental health review](#)
- [PH45 Expert paper 6 - Prison tobacco policy](#)
- [PH45 Expert paper 7 - Tobacco harm reduction - Mapping the ripples](#)
- [PH45 Expert paper 8a - E-cigarettes - views from UK smoking cessation practitioners](#)
- [PH45 Expert paper 8b - E-cigarette use in Great Britain - 2010 and 2012 \(ASH briefing\)](#)
- [PH45 Economic evaluation](#)
- [PH45 Economic evaluation review](#)
- [PH45 Economic supplementary analysis](#)
- [PH45 Fieldwork report](#)

Evidence reviews 2012

These evidence reviews support the [2012] and [2012, amended 2021] recommendations.

PH39

- [PH39 Evidence reviews 1 and 2](#)
- [PH39 Fieldwork report](#)
- [PH39 Cost effectiveness modelling report](#)

Evidence reviews 2010

These evidence reviews support the [2010] and [2010, amended 2021] recommendations.

PH26

- [PH26 Evidence statements](#)
- [PH26 Systematic review](#)
- [PH26 Expert report 1: Effectiveness of interventions during pregnancy – briefing paper](#)
- [PH26 Expert report 2: Interventions to improve partner support and partner cessation during pregnancy](#)
- [PH26 Expert report 3: Rapid review of interventions to prevent relapse in pregnant ex-smokers](#)
- [PH26 Fieldwork report](#)
- [PH26 Economic analysis review](#)

PH23

- [PH23 Evidence update – 2013](#)
- [PH23 Quantitative effectiveness review](#)
- [PH23 Review of qualitative literature](#)
- [PH23 Economic modelling](#)
- [PH23 Fieldwork – practitioners](#)
- [PH23 Fieldwork – young people](#)

Evidence reviews 2008

These evidence reviews support the [2008] and [2008, amended 2021] recommendations.

PH14

- [PH14 Fieldwork report](#)
- [PH14 Focus group report](#)
- [PH14 Review of effectiveness](#)
- [PH14 Review of cost-effectiveness](#)
- [PH14 Economic modelling report](#)

PH10

- [PH10 Cost effectiveness model economic analysis of interventions for pregnant women](#)
- [PH10 Economic modelling report](#)
- [PH10 'Cut down to quit' systematic review of effectiveness and economic analysis](#)
- [PH10 Mass media interventions effectiveness review](#)
- [PH10 Mass media interventions cost effectiveness supplementary report](#)
- [PH10 Mass media interventions fieldwork report](#)
- [PH10 Mass media interventions report 2](#)
- [PH10 Impact of quitlines on smoking cessation](#)
- [PH10 Rapid review of non-NHS treatments for smoking cessation](#)
- [PH10 Effectiveness of NHS intensive treatments for smoking cessation](#)
- [PH10 Workplace policies for smoking cessation](#)

Evidence reviews 2007

These evidence reviews support the [2007] recommendations.

PH5

- [PH5 Effectiveness review](#)
- [PH5 Economic modelling report](#)
- [PH5 Supplementary economic report](#)