

# **Stop Suppressing, Stop Smoking? A Protocol Study Comparing Mindfulness, Suppression, and Distraction Strategies for Smoking Cessation**

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**Background and Objectives:** The majority of smokers who attempt to quit smoking are unsuccessful. Mindfulness-based interventions have shown preliminary efficacy for smoking cessation, but directly comparing the effect of mindfulness versus suppression and distraction strategies is warranted. The present study describes a protocol that will be used to examine the effect of brief mindfulness, suppression, and distraction strategies on negative emotional states, cravings, self-efficacy to manage cravings, and smoking.

**Method:** Current cigarette smokers (N = 200) will be randomly assigned to receive brief, pre-recorded mindfulness or suppression instructions for managing their cravings, or passively listen to a naturally history passage after participating in a cue-induction task designed to elicit cravings. Participants will complete measures assessing negative emotional states, cravings, self-efficacy to manage cravings, and smoking at baseline, throughout the procedure, and at seven-day follow-up.

**Expected Results:** Individuals in the mindfulness condition are expected to report decreased negative emotional states, a weakened association between negative affect and cravings, and decreased smoking compared to those in the suppression and distraction groups. Individuals in the mindfulness and suppression groups, who were provided with strategies, are also expected to report higher self-efficacy to manage cravings than those in the distraction condition.

**Discussion and Conclusion:** Findings may suggest mindfulness-based strategies as an avenue for improved smoking cessation counselling, which could lead to more smokers making successful quit attempts.