DETECTING AND PREVENTING RELAPSE TO SMOKING

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Disclosures

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Detecting And Preventing Relapse to Smoking
Erin McClure, PhD

Saturday, September 16, 2017
Child Session

Previous Training

National Drug Abuse Treatment Clinical Trials Network
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Research Interests
- Technology
- Pharmacotherapy

Relapse to Smoking
Most relapse occurs within 8 days

Hughes et al., 2004
Technology and Health

"The problem [with wearables]: The hype is years ahead of the market. Big and unresolved questions remain about pricing (too high), battery life (too short), utility (too limited), looks (too ugly) and privacy (too scary)."

– Forbes, Connie Guglielmo and Parmy Olson
Technology and Smoking

- Technology may improve how we prevent, detect, and treat smoking
- Reach of interventions could be improved and could circumvent geographical location and limited mobility
- Reduces the need for lab- and clinic-based visits
Research Questions

• How do we detect and PREVENT relapse to smoking among adolescents and adults?
• Which treatment strategies will help to improve abstinence outcomes?
• How might we use technology to study and treat smoking?
• How does tobacco and marijuana co-use impact abstinence outcomes?

Relapse Detection

• Breath carbon monoxide monitoring among adolescents and emerging adults during a quit attempt
• Remote assessments conducted (ecological momentary assessment) to isolate variables associated with relapse
My Mobile Monitor (M³)

Future Research and Application

- New devices, integrated platforms, sensor suites, longer battery life, advanced computing, predictive algorithms, and personalized approaches....
Prevalence of Tobacco and Marijuana Use (In Isolation)

Monitoring the Future, 2016

Trends in Co-Use, NSDUH, 2005-2014

Schauer & Peters, under review
Co-Administered Products: Blunts, Spliffs, Mulling

- Substitution or compensatory use
- Abstinence rates among co-users
- Dual interventions – timing of cessation