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Title: Evolution of smoking behavior after early withdrawal of a smoking cessation program

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Body: Introduction:Tobacco is the leading preventable cause of morbidity and mortality.Despite the recognized effectiveness of treatments currently available,the results fall short of the desirable.Objective:Clinical and epidemiological characterization of smokers with early withdrawal in a smoking cessation program (evaluation of tobacco consumption and motivation to quit).Methods:Retrospective study based on clinical process and applying a telephone questionnaire to smokers who began a program of smoking withdrawal and abandoned the same up to a maximum of 3 interventions.Results:191 smokers were included,67% menwith an average age of 46.3 years.Most smokers had a history of prior attempt smoking cessation.The smoking load was 38 packs-year.The motivation to quit was 7.4 (numeric scale analog) and 8 (Richmond) and the dependency was 5.3 (Fagerstrom test).The telephone interview was made to 124 individuals.Fifteen smokers left smoking,10 in the first month after quitting the program.Increased motivation was the reason quoted by 2/3 of the individuals to success.About 40% referred cessation or temporary reduction of consumption after the program.About 88% of individuals still smoked at the time of the study.Approximately half of these did not change the consumption and one-third has decreased the amount of cigarettes per day.37 smokers showed interest in quitting.Conclusion:The early abandonment of the treatment program is disturbing and is one of the key factors for failure.Prolonged abstinence is not negligible.Improved information about chronic character and the need for treatment and follow-up of smoking addiction can reduce dropouts and relapses.