## GRADE – Summary of findings

### Intensive interventions (ISCI) directly compared to shorter interventions (SI) for smoking cessation

**Patient or population:** Smoking cessation  
**Setting:** Any setting such as community or hospital  
**Intervention:** Intensive intervention  
**Comparison:** Shorter interventions

<table>
<thead>
<tr>
<th>Outcomes</th>
<th>Anticipated absolute effects ((95%\ CI))</th>
<th>Relative effect ((95%\ CI))</th>
<th>Nr of participants (\text{(studies)})</th>
<th>Certainty of the evidence (\text{(GRADE)})</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous abstinence on long-term</td>
<td>58 per 1.000 (100) to 231 (5) RCTs</td>
<td>RR 2.60 (1.71) to 3.97</td>
<td>2177</td>
<td>⧁⧁⧁◯</td>
<td>Moderate: self-report and/or validation follow-up: range 6 months to 12 months</td>
</tr>
<tr>
<td>Continuous abstinence on short-term</td>
<td>127 per 1.000 (120) to 836 (5) RCTs</td>
<td>RR 2.49 (0.94) to 6.56</td>
<td>725</td>
<td>⧁⧁⧁◯</td>
<td>Moderate: self-report and/or validation follow-up: end of intervention</td>
</tr>
<tr>
<td>Point prevalence on long-term</td>
<td>116 per 1.000 (126) to 287 (12) RCTs</td>
<td>RR 1.64 (1.08) to 2.47</td>
<td>8574</td>
<td>⧁⧁⧁◯</td>
<td>Moderate: self-report and/or validation follow-up: range 6 months to 12 months</td>
</tr>
<tr>
<td>Point prevalence on short-term</td>
<td>209 per 1.000 (229) to 534 (9) RCTs</td>
<td>RR 1.68 (1.10) to 2.56</td>
<td>2528</td>
<td>⧁⧁◯◯</td>
<td>Low: self-report and/or validation follow-up: end of intervention</td>
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</tbody>
</table>

\*The risk in the intervention group (and its 95\% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95\% CI).

CI: confidence interval; RR: risk ratio

**GRADE Working Group grades of evidence**

**High certainty:** we are very confident that the true effect lies close to that of the estimate of the effect.  
**Moderate certainty:** we are moderately confident in the effect estimate: the true effect is likely to be close to the estimate of the effect, but there is a possibility that it is substantially different.  
**Low certainty:** our confidence in the effect estimate is limited: the true effect may be substantially different from the estimate of the effect.  
**Very low certainty:** we have very little confidence in the effect estimate: the true effect is likely to be substantially different from the estimate of effect.