

Making Every Contact Count

This Library bulletin provides further reading to support the 'Making Every Contact Count' programme.

There are links to recent research papers and articles in each of the MECC areas to give you further background information and evidence to consolidate what you have learned in your training, and to give you ideas and confidence for using MECC in your day-to-day encounters.

For further information and to access the MECC training modules, please visit the Making Every Contact Count page on the intranet:

<http://portals/MECC/layouts/15/start.aspx>

Access to articles

You may need to login with your [OpenAthens](#) account to view some of the full text links in this bulletin.

If you would like to read any of the articles in this bulletin which do not have links to the full text please request them from the library: academic.library@lscft.nhs.uk

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Smoking Cessation

[Does Aerobic Exercise Facilitate Vaping and Smoking Cessation: A Systematic Review of Randomized Controlled Trials with Meta-Analysis](#)

Darabseh MZ, Selfe J, Morse CI, Aburub A, Degens H. Does Aerobic Exercise Facilitate Vaping and Smoking Cessation: A Systematic Review of Randomized Controlled Trials with Meta-Analysis. *International Journal of Environmental Research and Public Health*. 2022; 19(21):14034. <https://doi.org/10.3390/ijerph192114034>

[Regulation is not a dirty word: local retailers' views of proposals for new tobacco laws](#)

Action on Smoking and Health (ASH), Nov 2022

[Chatbots for Smoking Cessation: Scoping Review](#)

Whittaker R, Dobson R, Garner K. Chatbots for Smoking Cessation: Scoping Review. *J Med Internet Res*. 2022;24(9):e35556. Published 2022 Sep 26. doi:10.2196/35556

[The Khan review: making smoking obsolete](#)

Office for Health Improvement and Disparities, June 2022

[Myths and Misinformation: Mapping the barriers to smoking cessation and the uptake of nicotine alternatives](#)

Demos, June 2022

[Impact of smoking bans and other smoking cessation interventions in prisons, mental health and substance use treatment settings: A systematic review of the evidence](#)

Sourry RJ, Hyslop F, Butler TG, Richmond RL. Impact of smoking bans and other smoking cessation interventions in prisons, mental health and substance use treatment settings: A systematic review of the evidence. *Drug Alcohol Rev*. 2022;41(7):1528-1542. doi:10.1111/dar.13524

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Smoking Cessation

[The effectiveness of smoking cessation interventions in rural and remote populations: Systematic review and meta-analyses](#)

Vance L, Glanville B, Ramkumar K, Chambers J, Tzelepis F. The effectiveness of smoking cessation interventions in rural and remote populations: Systematic review and meta-analyses. *Int J Drug Policy*. 2022;106:103775. doi:10.1016/j.drugpo.2022.103775

[Is Smoking Cessation the Best Intervention Ever to Prevent Heart Failure?](#)

Biondi-Zoccai G, Peruzzi M, Frati G. Is Smoking Cessation the Best Intervention Ever to Prevent Heart Failure?. *J Am Coll Cardiol*. 2022;79(23):2306-2309. doi:10.1016/j.jacc.2022.04.006

[Re-examining phone counseling for smoking cessation: Does the evidence apply to low-SES smokers?](#)

Garg R, McQueen A, Evbuoma-Fike EI, Kreuter MW. Re-examining phone counseling for smoking cessation: Does the evidence apply to low-SES smokers?. *Patient Educ Couns*. 2022;105(7):1783-1792. doi:10.1016/j.pec.2021.11.008

[Effects of educational interventions on the smoking cessation service provided by community pharmacists: A systematic review](#)

Appalasaamy JR, Selvaraj A, Wong YH, Dujaili JA, Kow CS. Effects of educational interventions on the smoking cessation service provided by community pharmacists: A systematic review. *Res Social Adm Pharm*. 2022;18(9):3524-3533. doi:10.1016/j.sapharm.2022.01.008

[Developments in smoking cessation interventions for patients with chronic obstructive pulmonary disease in the past 5 years: a scoping review](#)

Feng L, Lv X, Wang Y, et al. Developments in smoking cessation interventions for patients with chronic obstructive pulmonary disease in the past 5 years: a scoping review. *Expert Rev Respir Med*. 2022;16(7):749-764. doi:10.1080/17476348.2022.2108797

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Smoking Cessation

[High smoking and low cessation rates among patients in treatment for opioid and other substance use disorders](#)

Bjørnstad ED, Vederhus JK, Clausen T. High smoking and low cessation rates among patients in treatment for opioid and other substance use disorders. *BMC Psychiatry*. 2022;22(1):649. Published 2022 Oct 19. doi:10.1186/s12888-022-04283-6

[E-Cigarettes, Harm Reduction, and Smoking Cessation: Where Are We Now?](#)

Pearson JL, Smiley SL. E-Cigarettes, Harm Reduction, and Smoking Cessation: Where Are We Now?. *Nicotine Tob Res*. 2022;24(7):943-944. doi:10.1093/ntr/ntac105

[Towards optimum smoking cessation interventions during pregnancy: a household model to explore cost-effectiveness](#)

Saygin Avşar T, Jackson L, Barton P, Jones M, McLeod H. Towards optimum smoking cessation interventions during pregnancy: a household model to explore cost-effectiveness. *Addiction*. 2022;117(10):2707-2719. doi:10.1111/add.15955

[Electronic cigarettes for smoking cessation: do they work?](#)

Jordan V. Electronic cigarettes for smoking cessation: do they work?. *J Prim Health Care*. 2022;14(4):378-379. doi:10.1071/HC22148

[Smoking Cessation Smartphone App Use Over Time: Predicting 12-Month Cessation Outcomes in a 2-Arm Randomized Trial](#)

Bricker JB, Mull KE, Santiago-Torres M, Miao Z, Perski O, Di C. Smoking Cessation Smartphone App Use Over Time: Predicting 12-Month Cessation Outcomes in a 2-Arm Randomized Trial. *J Med Internet Res*. 2022;24(8):e39208. Published 2022 Aug 18. doi:10.2196/39208

[The association of smoking and smoking cessation with prevalent and incident symptoms of depression, anxiety, and sleep disturbance in the general population](#)

Hahad O, Beutel M, Gilan DA, et al. The association of smoking and smoking cessation with prevalent and incident symptoms of depression, anxiety, and sleep disturbance in the general population. *J Affect Disord*. 2022;313:100-109. doi:10.1016/j.jad.2022.06.083

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Smoking Cessation

[Lessons from Cost-Effectiveness Analysis of Smoking Cessation Programs for Cancer Patients](#)

Hoch JS, Barr HK, Guggenbickler AM, Dewa CS. Lessons from Cost-Effectiveness Analysis of Smoking Cessation Programs for Cancer Patients. *Curr Oncol*. 2022;29(10):6982-6991. Published 2022 Sep 26. doi:10.3390/currenocol29100549

[Smoking cessation interventions in South Asian Region: a systematic scoping review](#)

Iqbal S, Barolia R, Petrucka P, Ladak L, Rehmani R, Kabir A. Smoking cessation interventions in South Asian Region: a systematic scoping review. *BMC Public Health*. 2022;22(1):1096. Published 2022 Jun 1. doi:10.1186/s12889-022-13443-y

[Smoking cessation among people with mental illness: A South African perspective](#)

Morar T, Robertson L. Smoking cessation among people with mental illness: A South African perspective. *S Afr Fam Pract (2004)*. 2022;64(1):e1-e9. Published 2022 Aug 30. doi:10.4102/safp.v64i1.5489

[E-cigarettes and smoking cessation among adolescent smokers](#)

Lin LY, Chien YN, Chen YH, et al. E-cigarettes and smoking cessation among adolescent smokers. *Sci Rep*. 2022;12(1):19489. Published 2022 Nov 14. doi:10.1038/s41598-022-22344-4

[A systematic review of behavioural smoking cessation interventions for people with severe mental ill health-what works?](#)

Spanakis P, Peckham E, Young B, Heron P, Bailey D, Gilbody S. A systematic review of behavioural smoking cessation interventions for people with severe mental ill health-what works?. *Addiction*. 2022;117(6):1526-1542. doi:10.1111/add.15724

[Intensive versus short face-to-face smoking cessation interventions: a meta-analysis](#)

Rasmussen M, Lauridsen SV, Pedersen B, Backer V, Tønnesen H. Intensive versus short face-to-face smoking cessation interventions: a meta-analysis. *Eur Respir Rev*. 2022;31(165):220063. Published 2022 Aug 23. doi:10.1183/16000617.0063-2022

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Healthy Weight

[The lived experiences of women exploring a healthy lifestyle, gestational weight gain and physical activity throughout pregnancy](#)

Newson L, Bould K, Aspin-Wood B, Sinclair L, Ikramullah Z, Abayomi J. The lived experiences of women exploring a healthy lifestyle, gestational weight gain and physical activity throughout pregnancy. *Health Expect.* 2022;25(4):1717-1729. doi:10.1111/hex.13514

[Implicit theories of body weight and engagement in healthy lifestyles among young adults: The mediating effect of self-control](#)

Zhang Y, Zhang N, Xu C. Implicit theories of body weight and engagement in healthy lifestyles among young adults: The mediating effect of self-control. *J Health Psychol.* 2022;27(12):2797-2805. doi:10.1177/13591053211065102

[Weight stigma among adolescents in three low- and middle-income countries](#)

Kataria I, Jackson-Morris A, Jewell J, Williams D, Bhandari P, Sharma D, Lai J, Jain T, Colozza D. Weight stigma among adolescents in three low- and middle-income countries. *J Glob Health.* 2022 Dec 16;12:04098. doi: 10.7189/jogh.12.04098. PMID: 36520445; PMCID: PMC9754065.

[Unraveling the meaning of weight misperception in a sample of college students: Unaware or body satisfied?](#)

Richmond TK, Sonnevile KR, Milliren CE, Thurston IB. Unraveling the meaning of weight misperception in a sample of college students: Unaware or body satisfied?. *Body Image.* 2022;43:87-94. doi:10.1016/j.bodyim.2022.08.007

[Childhood obesity: is where you live important?](#)

Nuffield Trust, 2022

[Increasing Treatment for Obesity Among Underserved Populations](#)

U.S. National Library of Medicine, 2023

[Evaluation of a Healthy Food Procurement Policy at Municipality-level in Nepal](#)

U.S. National Library of Medicine, 2023

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Healthy Eating

[The health, cost and equity impacts of restrictions on the advertisement of high fat, salt and sugar products across the transport for London network : a health economic modelling study.](#)

Thomas C, Breeze P, Cummins S, Cornelsen L, Yau A, Brennan A. The health, cost and equity impacts of restrictions on the advertisement of high fat, salt and sugar products across the transport for London network: a health economic modelling study. *Int J Behav Nutr Phys Act.* 2022;19(1):93. Published 2022 Jul 27. doi:10.1186/s12966-022-01331-y

[What does behavioural science tell us about how people can be nudged to choose healthier food?](#)

UK Health Security Agency, 2022

[Healthy Starts: Repeated Exposure Pilot](#)

UK Health Security Agency, 2022

[The effects of time-restricted eating on sleep, cognitive decline, and Alzheimer's disease](#)

Ezzati A, Pak VM. The effects of time-restricted eating on sleep, cognitive decline, and Alzheimer's disease. *Exp Gerontol.* 2023;171:112033. doi:10.1016/j.exger.2022.112033

[Teaching Kitchen Multisite Trial](#)

U.S. National Library of Medicine, 2023

[Healthy eating for healthy aging: What and when to eat as an older adult](#)

Ley SH, Romrell AM. Healthy eating for healthy aging: What and when to eat as an older adult. *Am J Clin Nutr.* 2022;116(2):293-294. doi:10.1093/ajcn/nqac121

[Healthy and binge eating behaviours: the motivational processes underlying peer pressure](#)

Barberis N, Gugliandolo MC, Costa S, Cannavò M. Healthy and binge eating behaviours: the motivational processes underlying peer pressure. *Psychol Health Med.* 2022;27(5):1144-1153. doi:10.1080/13548506.2021.1903054

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Alcohol

['Give us the real tools to do our jobs': views of UK stakeholders on the role of a public health objective for alcohol licensing.](#)

Nicholls J, O'Donnell R, Mahon L, Fitzgerald N; ExLEnS consortium. 'Give us the real tools to do our jobs': views of UK stakeholders on the role of a public health objective for alcohol licensing. *Public Health*. 2022;211:122-127. doi:10.1016/j.puhe.2022.07.006

[Alcohol Use](#)

Donroe JH, Edelman EJ. Alcohol Use. *Ann Intern Med*. 2022;175(10):ITC145-ITC160. doi:10.7326/AITC202210180

[Functional Alternatives to Alcohol](#)

Nutt DJ, Tyacke RJ, Spriggs M, Jacoby V, Borthwick AD, Beelli D. Functional Alternatives to Alcohol. *Nutrients*. 2022;14(18):3761. Published 2022 Sep 13. doi:10.3390/nu14183761

[Defining No and Low \(NoLo\) Alcohol Products](#)

Okaru AO, Lachenmeier DW. Defining No and Low (NoLo) Alcohol Products. *Nutrients*. 2022;14(18):3873. Published 2022 Sep 19. doi:10.3390/nu14183873

[Psilocybin-Assisted Psychotherapy in Adults With Alcohol Use Disorder](#)

U.S. National Library of Medicine, 2022

[Alcohol and health](#)

Kivimäki M, Batty GD. Alcohol and health. *Lancet*. 2022;400(10365):1763-1764. doi:10.1016/S0140-6736(22)02122-5

[Alcohol and health](#)

Schooling CM, Leung GM. Alcohol and health. *Lancet*. 2022;400(10365):1765. doi:10.1016/S0140-6736(22)02124-9

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Physical Activity

[An investigation of factors affecting changes in health behaviours during the Covid-19 pandemic in a UK population-based cohort study.](#)

V.S. Braithwaite, S.J. Sharp, A. Koulman, N.J. Wareham, K.L. Rennie, An investigation of factors affecting changes in health behaviours during the COVID-19 pandemic in a UK population-based cohort study, *Public Health*, Volume 212, 2022, Pages 46-54, <https://doi.org/10.1016/j.puhe.2022.08.005>.

[Grassroots participation in sport and physical activity : thirty-second report of session 2022–23 : report, together with formal minutes relating to the report.](#)

Committee of Public Accounts , UK Parliament, 2023

[Implicit theories of body weight and engagement in healthy lifestyles among young adults: The mediating effect of self-control](#)

Zhang Y, Zhang N, Xu C. Implicit theories of body weight and engagement in healthy lifestyles among young adults: The mediating effect of self-control. *J Health Psychol.* 2022;27(12):2797-2805. doi:10.1177/13591053211065102

[Evaluation of physical health status beyond daily step count using a wearable activity sensor.](#)

Xu Z, Zahradka N, Ip S, Koneshloo A, Roemmich RT, Sehgal S, Highland KB, Searson PC. Evaluation of physical health status beyond daily step count using a wearable activity sensor. *NPJ Digit Med.* 2022 Nov 9;5(1):164. doi: 10.1038/s41746-022-00696-5. PMID: 36352062; PMCID: PMC9646807.

[Physical activity promotion by GPs: a cross-sectional survey in England](#)

Lowe A, Myers A, Quirk H, Blackshaw J, Palanee S, Copeland R. Physical activity promotion by GPs: a cross-sectional survey in England. *BJGP Open.* 2022 Sep 28;6(3):BJGPO.2021.0227. doi: 10.3399/BJGPO.2021.0227. PMID: 35487584; PMCID: PMC9680755.

[Neighborhood-based Physical and Social Activity for Older Black Caregivers and People Living With Dementia](#)

U.S. National Library of Medicine, 2023

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Physical Activity

[parkrun and the promotion of physical activity: insights for primary care clinicians from an online survey](#)

Haake S, Quirk H, Bullas A. parkrun and the promotion of physical activity: insights for primary care clinicians from an online survey. *Br J Gen Pract.* 2022 May 20;72(722):e634–40. doi: 10.3399/BJGP.2022.0001. Epub ahead of print. PMID: 35995575; PMCID: PMC9423046.

[Effectiveness of wearable activity trackers to increase physical activity and improve health : a systematic review of systematic reviews and meta-analyses.](#)

Ferguson T, Olds T, Curtis R, et al. Effectiveness of wearable activity trackers to increase physical activity and improve health: a systematic review of systematic reviews and meta-analyses. *Lancet Digit Health.* 2022;4(8):e615-e626. doi:10.1016/S2589-7500(22)00111-X

[Multiple versus single risk behaviour interventions for people with severe mental illness: a network meta-analysis and qualitative synthesis](#)

Meader N, Melton H, Evans C, et al. *Multiple versus single risk behaviour interventions for people with severe mental illness: a network meta-analysis and qualitative synthesis.* Southampton (UK): NIHR Journals Library; March 2022.

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