

MECC Bulletin

September 2026

This bulletin aims to keep you up to date with current evidence around the topics of alcohol, healthy eating, healthy weight, physical activity and smoking cessation. Some articles are freely accessible, others require an Open Athens account to access. You can sign up to Open Athens here: <https://openathens.nice.org.uk/> or get in touch with the library for further support accessing the full texts. Make articles more accessible by downloading [LibKey Nomad](#) directly to your browser: [Download LibKey Nomad - Third Iron](#).

Alcohol

Articles

Buss, V. H., Brown, J., Oldham, M., Jackson, S. E., Shahab, L., Kale, D., & Cox, S. (2026). People experiencing homelessness and their experiences with substance use services for alcohol treatment in England: Journey mapping based on semi-structured interviews. *Addiction* (Abingdon, England), <https://doi.org/10.1111/add.70563>

Fernández-León, P., Lima-Serrano, M., & Martínez-Montilla, J. M. (2026). Usability evaluation of alerta alcohol 2.0: An eHealth game to prevent adolescent alcohol consumption. *Journal of Public Health*, 48(2), 477–487. <https://doi.org/10.1093/pubmed/fdag022>

Fichtenmaier, A. J., & George, A. M. (2026). Understanding the relationship of social anxiety with alcohol use and alcohol-related problems in young people: A meta-analysis. *Addiction* (Abingdon, England), 121(6), 1362–1380. <https://doi.org/10.1111/add.70345>

Giugovaz, A., Prinzie, P., Lutz, M. C., Franken, I. H. A., & Marchetti, I. (2026). Which personality traits are necessary conditions for problematic alcohol use? insights from a 23-year longitudinal study. *Addiction* (Abingdon, England), 121(7), 1824–1835. <https://doi.org/10.1111/add.70417>

Macedo, I., Kroon, E., Colyer-Patel, K., Freichel, R., Romein, C., Pasion, R., Barbosa, F., & Cousijn, J. (2026). Understanding the interplay between alcohol use, cannabis use and mental health across the lifespan: A network analysis. *Addiction* (Abingdon, England), 121(6), 1421–1433. <https://doi.org/10.1111/add.70324>

Schacht, J. P., Sakai, J. T., Raymond, K., & Shelton, R. (2026). Oral semaglutide for alcohol use disorder: A randomized clinical trial. *The American Journal of Psychiatry*, 183(9), 636–645. <https://doi.org/10.1176/appi.ajp.20260003>

Valiente, R., Tunstall, H., Wilson, L. B., Gillespie, D., Pearce, J., & Shortt, N. K. (2026). Low and no alcohol availability and sales in small retailers in Great Britain: A geographic longitudinal analysis from 2018 to 2022. *Addiction* (Abingdon, England), 121(7), 1863–1875. <https://doi.org/10.1111/add.70391>

Original Research

[Exploring how and why people who drink alcohol at high-risk levels use alcohol-free and low-alcohol drinks when cutting down: a qualitative focus group study.](#) BMC Public Health; 2026.

<https://link.springer.com/article/10.1186/s12889-026-29230-y>

[Use of alcohol-free and low-alcohol drinks in attempts to reduce alcohol consumption may operate differently among consumers depending on perceptions of their material properties and their fit with key elements of individuals' pre-existing drinking practices.]

Freely available online

[Applying behavioural insights to cut alcohol with no- and low-alcohol drinks.](#)

Behavioural Insights Team (BIT); 2026.

<https://www.ias.org.uk/2026/06/30/applying-behavioural-insights-to-cut-alcohol-with-no-and-low-alcohol-drinks/>

[The core takeaway from this research is that simple changes to how NoLo drinks are presented at the point of purchase could reduce alcohol consumption in the UK.]

Freely available online

Report

[Addiction in the UK.](#)

The Forward Trust; 2026.

<https://forwardtrust.lon1.cdn.digitaloceanspaces.com/publications/Forward-Crest-Addiction-in-UK-Report-A4-2026-V4---amended-8.7.26.pdf>

[Looks at how alcohol and illegal drugs addiction affects families and communities in the United Kingdom. The first report to bring together addiction data from all four UK nations into a single evidence base.]

Freely available online

Patient & Public Information

[People experiencing homelessness and their experiences with substance use services for alcohol treatment in England: Journey mapping based on semi-structured interviews.](#) *Addiction*; 2026.

<https://onlinelibrary.wiley.com/doi/10.1111/add.70563>

[Among people experiencing homelessness, heavy drinking appears to be commonly rooted in childhood trauma and adverse family environments, with homelessness described as both a consequence and a reinforcing driver of alcohol use. Recovery is portrayed as a highly personal process supported by stable housing, personalised care and meaningful relationships, including peer support.]

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Healthy Eating

Articles

Christofersen, G. D., Pauls, D. D., & Bruun, J. M. (2026). Appetitive traits and long-term risk of disordered eating: A 3-year follow-up in children with overweight and obesity. *Eating and Weight Disorders*, 31(1), 68. <https://doi.org/10.1007/s40519-026-01868-y>

Dunsmore, N., Hussain, M., Giannou, K., & Mantzios, M. (2026). Development and initial validation of the mindful eating behaviour scale for children and parents. *Eating and Weight Disorders*, 31(1), 75. <https://doi.org/10.1007/s40519-026-01881-1>

Li, G., Cui, Y., Huang, W., Liu, S., Wang, X., & Li, N. (2026). Fast food, fast aging? A cross-sectional study in the UK. *BMC Public Health*, 26(1), 1851. <https://doi.org/10.1186/s12889-026-27534-7>

Muir, S., Jenner, S., Crozier, S., Lee, C. E., Godwin, H. J., Payne, H., Maynard, O. M., Munafò, M. R., Vogel, C., & Baird, J. (2026). Women intend to buy, and attend more to, healthy foods in supermarkets: Attention to product placement observed in women in a 2-dimensional simulated supermarket environment. *BMC Public Health*, 26(1), 2131. <https://doi.org/10.1186/s12889-026-27679-5>

Power, M., & Baxter, M. (2026). Lived experiences of food insecurity and mental health: The role of socio-demographic inequalities. *BMC Public Health*, 26(1), 2365. <https://doi.org/10.1186/s12889-026-28006-8>

Sarı, T., Özel, İ Ç, & Pars, H. (2026). Psychological correlates of mindful eating: The role of mindfulness and eating behaviors among health sciences students. *BMC Public Health*, 26(1), 2256. <https://doi.org/10.1186/s12889-026-27982-1>

Original Research

Eating a handful of nuts each day is linked with lower risk of high blood pressure, our research shows.

The Conversation; 2026.

<https://theconversation.com/eating-a-handful-of-nuts-each-day-is-linked-with-lower-risk-of-high-blood-pressure-our-research-shows-290988>

[Latest analysis shows the clear impact eating nuts can have on hypertension risk.]

Freely available online

A Cost-Benefit Analysis of Expanding the Healthy Start Scheme in England, Wales and Northern Ireland.

SSRN; 2026.

https://papers.ssrn.com/sol3/papers.cfm?abstract_id=6378638

[This analysis adds economic evidence to the public health nutrition debate, suggesting that policy discussions should consider not only nutritional adequacy and equity, but also the broader social value of alternative design choices.]

Freely available online

Report

Food and Weight Management: Fixing the food environment : Third Report of Session 2026–27

UK Parliament Health and Social Care Committee; 2026.

<https://publications.parliament.uk/pa/cm5902/cmselect/cmhealth/223/report.html>

[The report calls for stronger restrictions on unhealthy food advertising, improvements to the Healthy Start scheme, stronger planning powers to support healthier neighbourhoods, and ensure public health policies are not undermined and “stand up to challenge from industry”.]

Freely available online

The Broken Plate 2026.

2026.

<https://foodfoundation.org.uk/publication/broken-plate-2026>

[This report documents the health of the UK food system, how it impacts our lives, and what must change to ensure healthy and sustainable diets are available and affordable to everyone. It uses 16 key markers to provide a snapshot of the current food environment, shows good food has become increasingly hard to access and afford and high rates of obesity, tooth decay and decreasing healthy life expectancy are all common for our children today.]

Freely available online



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Healthy Weight

Articles

Dhar, D., Karwatowska, L., Sifaki, M., Michalopoulou, S., Stansfield, C., Packer, J., & Russell, S. J. (2026). Assessing the effectiveness of healthy weight interventions in the early years of childhood: A systematic review and meta-analysis of evidence from high-income countries. *International Journal of Obesity*, 50(6), 1180–1189. <https://doi.org/10.1038/s41366-026-02073-8>

Fogh, M., Østergaard, J. N., Kirkegaard, H., Røssell, E., Maindal, H. T., Toft, G., Støvring, H., & Bruun, J. M. (2026). Municipality-Based lifestyle intervention of childhood overweight and obesity: 4-Years Follow-Up on BMI trajectories. *Clinical Obesity*, 16(3), e70082–n/a. <https://doi.org/10.1111/cob.70082>

Hammad, N. M., Romieu, I., Czernichow, S., Williams, J., Belaabd, A. M., Tobias, D. K., Leung, C. W., Kenney, E. L., Hu, F. B., & Willett, W. C. (2026). A qualitative study exploring key informant perspectives on obesity prevention efforts in france. *International Journal of Obesity*, 50(7), 1515–1524. <https://doi.org/10.1038/s41366-026-02075-6>

Nisoli, E., Carruba, M. O., & Valerio, A. (2026). A time bridge for obesity care: Protein monitoring adds a timing layer to the EASO pathway while preserving the lancet commission definition. *International Journal of Obesity*, 50(7), 1375–1379. <https://doi.org/10.1038/s41366-026-02083-6>

Prawitasari, T., Satari, H. I., & Theola, J. (2026). Meal time and meal regularity: Is it associated with pediatric obesity? A systematic review and meta-analysis. *International Journal of Obesity*, 50(8), 1622–1637. <https://doi.org/10.1038/s41366-026-02092-5>

Tesfaye, T. S., Szymlek-Gay, E. A., Grimes, C. A., & Zheng, M. (2026). Replacing protein with carbohydrate or fat in infancy is associated with lower body mass index in early childhood: Results from the melbourne InFANT program. *International Journal of Obesity*, 50(7), 1566–1572. <https://doi.org/10.1038/s41366-026-02099-y>

Whatnall, M., Fozard, T., Kolokotroni, K. Z., Evans, T., Marwood, J., Colyvas, K., Ells, L., & Burrows, T. (2026). The relationship between weight, eating behaviours and mental health over time in the YOUTH longitudinal cohort study. *International Journal of Obesity*, 50(6), 1258–1266. <https://doi.org/10.1038/s41366-026-02058-7>

Opinion

The overlooked factor driving the childhood obesity crisis.

BBC; 2026.

[The scientific picture is still emerging, but school attendance is emerging as a key, overlooked factor in the battle against childhood obesity.]

Freely available online



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Physical Activity

Articles

Carter, E., Douglas, C., & Saxton, J. M. (2026). The effects of community-based green exercise on health, wellbeing, and physical activity participation: A systematic review and meta-analysis of the quantitative and qualitative literature. *Health Psychology Review*, 20(2), 420–452. <https://doi.org/10.1080/17437199.2025.2597312>

Codina-Nadal, A., Dowd, K., Cirera-Viñolas, E., McKenna, J., Jabardo-Camprubi, G., Molist, G., Corominas, A., Torrejón, A., & Puig-Ribera, A. (2026). The paradox of physical activity in relation to well-being and mental health: A compositional data analysis of the 24-hour movement patterns. *BMC Public Health*, 26(1), 1893. <https://doi.org/10.1186/s12889-026-27436-8>

Gundersen, S. V., Jessen, A. D., Jensen, I. K. B., Bendix, J. M., Stallknecht, B., Løkkegaard, E., Pilgaard, K. A., Molsted, S., Brinthe, L. S., & Teilmann, G. (2026). Physical activity in infancy is associated with body composition at age three. *BMC Public Health*, 26(1), 1931. <https://doi.org/10.1186/s12889-026-27519-6>

Liu, J., Sun, J., Li, H., & Zhao, J. (2026). Comparative efficacy of various physical activity interventions on individuals with autism spectrum disorder: A systematic review and network meta-analysis. *BMC Public Health*, 26(1), 2377. <https://doi.org/10.1186/s12889-026-27965-2>

Loaiza-Betancur, A. F., Iglesias Gonzalez, L. E., Chavez Guapo, N., Escobar Liquitay, C. M., & Bidonde, J. (2026). Physical activity for the management of obesity in children up to the age of 9 years. *Cochrane Database of Systematic Reviews*, 2026(7), CD015988. <https://doi.org/10.1002/14651858.CD015988>

Meneses-Echavez, J. F., Chavez Guapo, N., Loaiza-Betancur, A. F., Iglesias Gonzalez, L. E., Escobar Liquitay, C. M., & Bidonde, J. (2026). Physical activity for the management of obesity in adolescents aged 10 to 19 years. *Cochrane Database of Systematic Reviews*, 2026(8), CD015987. <https://doi.org/10.1002/14651858.CD015987>

Quirk, H., Burke, T., Jones, G., Fletcher, L., Faires, M., Hillison, E., Horspool, M., Ker, S., Machaczek, K., & Peckham, E. (2026). Bridging the gap: Co-producing resources for NHS mental health trusts and community providers to support people with severe mental illness live active lives in their community. *BMC Public Health*, 26(1), 2418. <https://doi.org/10.1186/s12889-026-27936-7>

Törnqvist, J., Lauruschkus, K., Bernhardsson, S., Melin, K., Karlsson, L., Arvidsson, D., Fridolfsson, J., Greven, C., & Lundqvist, S. (2026). Addressing insufficient physical activity in children with obesity in a 4-month physical activity on prescription intervention: A single-group pre–post study. *BMC Public Health*, 26(1), 2407. <https://doi.org/10.1186/s12889-026-29071-9>

Zhu, K., Liu, R., Li, G., Shen, Y., Xie, Z., Wang, Z., Long, Y., & Liu, Y. (2026). Association between physical activity of different intensities and balance ability in preschool children: Gender and age differences. *BMC Public Health*, 26(1), 2392. <https://doi.org/10.1186/s12889-026-28488-6>

Systematic Review / Meta-Analysis

[Barriers and facilitators to physical activity promotion by healthcare professionals: an umbrella review.](#)

BMC Public Health; 2026.

<https://link.springer.com/article/10.1186/s12889-026-29176-1>

[This review highlighted several barriers faced by healthcare professionals, and further identified eight intervention functions as well as seven policy categories.]

Freely available online

[Exercise-based interventions for smoking cessation: A systematic review and meta-analysis.](#)

Journal of Sport and Health Science; 2026.

<https://www.sciencedirect.com/science/article/pii/S2095254626000190?via%3Dihub=>

[Exercise is associated with modest improvements in cigarette consumption and acute suppression of cravings, supporting its potential as a low-risk behavioural aid for nicotine cessation.]

Available with an NHS OpenAthens password

[Effect of exercise on depression and anxiety symptoms: systematic umbrella review with meta-meta-analysis. \[Abstract\]](#)

Munro NR. *British Journal of Sports Medicine* 2026;60(8):590-599.

[Check for full-text availability.](#)

[63 studies were included. Exercise reduced depression and anxiety symptoms, with aerobic exercise demonstrating the most substantial impact. The greatest benefits by population group for depression were seen in emerging adults aged 18-30 and postnatal women. Greater reductions in depression were associated with exercise in group and supervised settings. Exercise of shorter duration and at lower intensity was most strongly associated with anxiety reduction.]

Freely available online

Report

[Physical activity guidelines: UK Chief Medical Officers' report.](#)

Department of Health and Social Care (DHSC); 2026.

<https://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report>

[A report from the Chief Medical Officers in the UK on the amount and type of physical activity people should be doing to improve their health.]

Freely available online



Smoking Cessation

Articles

Akman, A. O., Kalayci, F., Karakus, S., Özaydin, E., & Tas, D. (2026). The transtheoretical model and smoking cessation: Findings from a youth-friendly clinic. BMC Public Health, 26(1), 1810. <https://doi.org/10.1186/s12889-026-27505-y>

Barnes, C., Turon, H., Hall, A. E., Bialek, C., McCrabb, S., Hodder, R. K., Yoong, S., Stockings, E., Agyei, D. D., Mantach, S., & Wolfenden, L. (2026). Interventions to prevent or cease electronic cigarette use in children and adolescents. Cochrane Database of Systematic Reviews, 2026(7), CD015511. <https://doi.org/10.1002/14651858.CD015511.pub3>

Boozary, L. K., Chen, M., Frank-Pearce, S. G., Hébert, E. T., Chen, S., Alexander, A. C., Ogunsanya, M. E., Sifat, M. S., Oliver, J. A., Businelle, M. S., & Kendzor, D. E. (2026). Discrimination experiences are associated with same-day and next-day smoking among adults with low socio-economic status trying to quit: A secondary analysis of data from a randomized clinical trial. Addiction (Abingdon, England), 121(8), 2197–2209. <https://doi.org/10.1111/add.70419>

Buss, V. H., Beard, E., Shahab, L., Simonavičius, E., Bauld, L., Brown, J., & Brose, L. (2026). Associations between the national ‘swap to stop’ programme offering free vapes for smoking cessation and quit attempts in england: Results from a population-based survey. Addiction (Abingdon, England), 121(6), 1557–1565. <https://doi.org/10.1111/add.70332>

Dachew, B., Damtie, Y., Ayano, G., & Alati, R. (2026). Review: Paternal tobacco smoking and the risk of attention-deficit hyperactivity disorder in children – a systematic review and meta-analysis. Child and Adolescent Mental Health, <https://doi.org/10.1111/camh.70101>

Hartmann-Boyce, J., Lindson, N., Livingstone-Banks, J., Butler, A. R., McRobbie, H., Bullen, C. R., Hajek, P., Wu, A. D., Begh, R., Theodoulou, A., Ma, C., Notley, C., Rigotti, N. A., Turner, T., & Fanshawe, T. (2026). Electronic cigarettes for smoking cessation. Cochrane Database of Systematic Reviews, 2026(8), CD010216. <https://doi.org/10.1002/14651858.CD010216.pub11>

Haug, S., Wenger, A., Kiselev, N., Boumparis, N., Wiess, L., Studhalter, O., & Schaub, M. P. (2026). Efficacy of a WhatsApp-based program for nicotine and tobacco cessation among young people: Study protocol for a randomized controlled trial. BMC Public Health, 26(1), 1842. <https://doi.org/10.1186/s12889-026-27567-y>

Klein, E., Cohen, Y., Sasser, G., & Bar-Zeev, Y. (2026). Health warnings for electronic cigarette packaging: A rapid scoping review. BMC Public Health, 26(1), 1836. <https://doi.org/10.1186/s12889-026-27127-4>

McClure, E. A., Baker, N., Tomko, R. L., Walters, K. J., Chapman, E., Carpenter, M. J., & Gray, K. M. (2026). Determining the impact of cannabis use on tobacco cessation: Results from a prospective non-randomized tobacco treatment trial. Addiction (Abingdon, England), 121(7), 1876–1887. <https://doi.org/10.1111/add.70382>

Pleaver, S., Kisely, S. R., Bonevski, B., Siskind, D., Yamazaki-Tan, J., Thaker, P., Vos, G., Kim, D., Guillaumier, A., & Gartner, C. E. (2026). Interventions for smoking cessation in inpatient psychiatry settings. Cochrane Database of Systematic Reviews, 2026(7), CD015934. <https://doi.org/10.1002/14651858.CD015934.pub2>

Singh, B., Petersen, J., Miatke, A., Dumuid, D., Szeto, K., Dankiw, K. A., Mellow, M. L., Vaikar, S. J., Eglitis, E., Zhou, M., Curtis, R., Simpson, C., Hassan, J., Kavlakoglu, S., Gotch, L., & Maher, C. (2026). Exercise-based interventions for smoking cessation: A systematic review and meta-analysis. Journal of Sport and Health Science, 15, 101138. <https://doi.org/10.1016/j.jshs.2026.101138>

Versace, F., Green, C. E., Cui, Y., Robinson, J. D., Deweese, M. M., Minnix, J. A., Kyriotakis, G., Kim, S., Karam-Hage, M., & Cinciripini, P. M. (2026). Personalizing smoking cessation pharmacotherapy using neuroaffective reactivity profiles: A randomized controlled trial. Addiction (Abingdon, England), 121(7), 1888–1898. <https://doi.org/10.1111/add.70354>

Wu, A. D., Conde, M., Butler, A. R., Knight, E., Lindson, N., Livingstone-Banks, J., Hajek, P., McRobbie, H., Begh, R., Theodoulou, A., Notley, C., Turner, T., Zhitnik, E., & Hartmann-Boyce, J. (2026). Electronic cigarettes for smoking cessation: An overview of systematic reviews and evidence and gap map. Addiction (Abingdon, England), 121(8), 1957–1971. <https://doi.org/10.1111/add.70388>

Original Research

[Smoking linked to increased loneliness, study shows.](#)

European Respiratory Society; 2026.

<https://www.news-medical.net/news/20260906/Smoking-linked-to-increased-loneliness-study-shows.aspx>

[Smoking is not social and leads to increased loneliness, according to a large Europe-wide study presented at the European Respiratory Society (ERS) Congress in Barcelona, Spain.]

Freely available online

[Parental permissiveness toward alcohol and tobacco and its consequences for adolescent vaping behaviors.](#)

BMC Public Health; 2026.

<https://link.springer.com/article/10.1186/s12889-026-29193-0>

[This study examines the association between parental permissiveness toward tobacco and alcohol use and vaping among Spanish adolescents. The findings highlight the importance of parental attitudes toward substance use in shaping adolescents’ vaping behaviors and support the inclusion of parents in prevention strategies.]

Freely available online



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Smoking Cessation

[News/Opinion](#)

[Comment: How the body recovers after quitting smoking](#)

This article in the i details the ways that the body recovers after smoking, and what former smokers can do to improve their health. Professor Sanjay Agrawal, consultant in respiratory and intensive care medicine at the University of Hospitals of Leicester NHS Trust and trustee of ASH, explains that smoking harms almost every organ due to the toxic chemicals in cigarettes. He highlights that light smoking still carries risks, and even occasional smoking can increase the risk of cancer.

[Have we kicked the habit? The rise of youth vaping and the next phase of tobacco control.](#)

_The King's Fund; 2026.

<https://www.kingsfund.org.uk/insight-and-analysis/blogs/youth-vaping-next-phase-tobacco-control>

[Smoking among young adults has fallen dramatically over the last decade and that success deserves recognition. Yet a walk through almost any town centre tells a slightly different story. The clouds are still there; they just smell a little sweeter these days. Vapes, also known as e-cigarettes, are now more common than smoking among adults in England. Their use is particularly high among 16–24 year olds, with 12.9% reporting daily or occasional use in 2024, down from 15% the previous year.]

Freely available online

[Vaping or smoking found to reduce fitness in young people by 15%.](#)

_European Respiratory Society; 2026.

<https://www.news-medical.net/news/20260714/Vaping-or-smoking-found-to-reduce-fitness-in-young-people-by-1525.aspx>

[This study found young people who vape or smoke cigarettes have reduced blood vessel functionality, breathing efficiency and exercise capacity compared to those who have never smoked or vaped.]

Freely available online

[RCPCH call for stronger action to reduce youth vaping](#)

A review by the Royal College of Paediatrics and Child Health (RCPCH) of around 81 studies found that vaping among children and young people is associated with a range of health and social outcomes. These include respiratory symptoms such as wheezing and coughing and poorer oral health.

[Disposable vape use falls sharply during the first year of the ban.](#)

_Action on Smoking and Health (ASH); 2026.

<https://ash.org.uk/media-centre/news/press-releases/disposable-vape-use-falls-sharply-during-the-first-year-of-the-ban>

[YouGov survey data, commissioned from Action and Smoking and Health, suggest the ban has been effective in helping to reduce the popularity and availability of disposable vapes, particularly among young people.]

Freely available online

[Systematic Review / Meta-Analysis](#)

[Electronic cigarettes for smoking cessation.\[Abstract\]](#)

Lindson N. Cochrane Database of Systematic Reviews 2026;8:CD010216.

[Check for full-text availability.](#)

[Electronic cigarettes (EC) are handheld electronic vaping devices that produce an aerosol by heating a liquid. People who smoke, healthcare providers, and regulators want to know if EC can help people quit smoking, and if they are safe to use for this purpose. This update was conducted as part of a living systematic review.]

[Review: Paternal tobacco smoking and the risk of attention-deficit hyperactivity disorder in children: A systematic review and meta-analysis.](#)

Dachew B. Child and Adolescent Mental Health 2026;doi.org/10.1111/camh.70101.

[Evidence on the association between paternal smoking and ADHD in offspring is inconsistent. A systematic review and meta-analysis was undertaken to synthesise available evidence. Conclusion: The observed association between paternal smoking and risk of ADHD in children may be confounded by maternal smoking, paternal education and other shared familial and socioeconomic factors. Future studies should incorporate maternal–paternal comparisons, while more rigorously controlling for confounding.]

Freely available online

[Evidence-Based Summary.](#)

[Approach Bias Modification for smoking cessation: NHS contender or game over?](#)

The Mental Elf; 2026.

<https://www.nationalelfservice.net/mental-health/addiction/approach-bias-modification-for-smoking-cessation-nhs-contender-or-game-over/>

[Approach Bias Modification didn't significantly beat standard smoking cessation care, but this may say more about the trial's power than the intervention itself. Wittekind and colleagues found that adding Approach Bias Modification to standard smoking cessation treatment did not provide strong evidence for an improvement in long-term quit rates compared with either sham training or treatment as usual alone.]

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