

Effects of a mindfulness-based smoking cessation program for an adult...

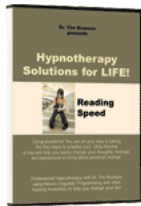
Posted At : June 25, 2011 3:55 PM | Posted By : [Tim Brunson, PhD](#)

Related Categories: Smoking Cessation

Full title: Effects of a mindfulness-based smoking cessation program for an adult with mild intellectual disability.

Smoking is a major risk factor for a number of health conditions and many smokers find it difficult to quit smoking without specific interventions. We developed and used a mindfulness-based smoking cessation program with a 31-year-old man with mild intellectual disabilities who had been a smoker for 17 years. The mindfulness-based smoking cessation program consisted of three components: intention, mindful observation of thoughts, and Meditation on the Soles of the Feet. A changing-criterion analysis showed that this man was able to fade his cigarette smoking from 12 at baseline to 0 within 3 months, and maintain this for a year. Follow-up data, collected every 3 months following the maintenance period, showed he was able to abstain from smoking for 3 years. Our study suggests that this mindfulness-based smoking cessation program merits further investigation.

Res Dev Disabil. 2011 May-Jun;32(3):1180-5. Epub 2011 Feb 1. Singh NN, Lancioni GE, Winton AS, Singh AN, Singh J, Singh AD. American Health and Wellness Institute, Verona, VA, USA. nnsingh@ahwinstitute.com



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