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## 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](mailto:academic.library@lscft.nhs.uk)

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## Smoking Cessation

[Youth vaping: call for evidence - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Youth vaping: call for evidence, Office for Health Improvement and Disparities, 2023

[ASH resources on youth vaping - ASH](#)

ASH policy brief on vaping, Action on Smoking and health, 2023

[The Impact of the COVID-19 Pandemic on Smoking, Vaping, and Smoking Cessation Services in the United Kingdom: A Qualitative Study - PMC \(nih.gov\)](#)

Johnston E, Bains M, Hunter A, Langley T. The Impact of the COVID-19 Pandemic on Smoking, Vaping, and Smoking Cessation Services in the United Kingdom: A Qualitative Study. *Nicotine Tob Res.* 2023 Jan 5;25(2):339-344. doi: 10.1093/ntr/ntac227. PMID: 36218530; PMCID: PMC9619632.

[Impact of COVID-19 lockdown on smoking and vaping: systematic review and meta-analysis - PMC \(nih.gov\)](#)

Bakaloudi DR, Evripidou K, Siargkas A, Breda J, Chourdakis M. Impact of COVID-19 lockdown on smoking and vaping: systematic review and meta-analysis. *Public Health.* 2023 May;218:160-172. doi: 10.1016/j.puhe.2023.02.007. Epub 2023 Feb 20. PMID: 37043948; PMCID: PMC9939396.

[A smoking cessation intervention for people with severe mental illness treated in ambulatory mental health care \(KISMET\): study protocol of a randomised controlled trial - PMC \(nih.gov\)](#)

Küçükakso MH, van Meijel B, Jansen L, Hoekstra T, Adriaanse MC. A smoking cessation intervention for people with severe mental illness treated in ambulatory mental health care (KISMET): study protocol of a randomised controlled trial. *BMC Psychiatry.* 2023 Feb 16;23(1):108. doi: 10.1186/s12888-023-04599-x. PMID: 36797709; PMCID: PMC9933801.

[Longitudinal transitions in initiation, cessation, and relapse of cigarette smoking and e-cigarette use among US youth and adults: Validation of a microsimulation model - PMC \(nih.gov\)](#)

Schwamm E, Noubary F, Rigotti NA, Reddy KP. Longitudinal transitions in initiation, cessation, and relapse of cigarette smoking and e-cigarette use among US youth and adults: Validation of a microsimulation model. *PLoS One.* 2023 Apr 14;18(4):e0284426. doi: 10.1371/journal.pone.0284426. PMID: 37058462; PMCID: PMC10104340.

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## Smoking Cessation

[Electronic cigarettes and health outcomes: umbrella and systematic review of the global evidence - Banks - 2023 - Medical Journal of Australia - Wiley Online Library](#)

Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. Electronic cigarettes and health outcomes: umbrella and systematic review of the global evidence. Med J Aust. 2023 Apr 3;218(6):267-275. doi: 10.5694/mja2.51890. Epub 2023 Mar 20. PMID: 36939271.

[Association of psychological distress with smoking cessation, duration of abstinence from smoking, and use of non-combustible nicotine-containing products: A cross-sectional population survey in Great Britain - ScienceDirect](#)

Kock L, Brown J, Cox S, McNeill A, Robson D, Shahab L, Tattan-Birch H, Brose LS. Association of psychological distress with smoking cessation, duration of abstinence from smoking, and use of non-combustible nicotine-containing products: A cross-sectional population survey in Great Britain. Addict Behav. 2023 Mar;138:107570. doi: 10.1016/j.addbeh.2022.107570. Epub 2022 Dec 2. PMID: 36493683.

[Development of two novel treatments to promote smoking cessation: Savor and retrieval-extinction training pilot clinical trial findings. \(apa.org\)](#)

Palmer AM, Carpenter MJ, Baker NL, Froeliger B, Foster MG, Garland EL, Saladin ME, Toll BA. Development of two novel treatments to promote smoking cessation: Savor and retrieval-extinction training pilot clinical trial findings. Exp Clin Psychopharmacol. 2023 Mar 13. doi: 10.1037/pha0000644.

[National Asthma and COPD Audit Programme \(nacap.org.uk\)](#)

Royal College of Physicians. Drawing breath. Key messages and improvement recommendations for the asthma and COPD care pathway. Summary report. London: RCP, 2023. ISBN 978-1-86016-876-5

[Comparative effectiveness of mobile health smoking cessation approaches among underserved patients in primary care: Study protocol for the PROMOTE-UP trial - ScienceDirect](#)

Salloum RG, Bricker JB, Lee JH, Theis RP, Pluta K, Williams MP, Naous J, Mulani SR, Cogle CR, Rubin DA, Fahnländer AM, Nordelo B, Sullivan BM, Bloodworth S, Corbin L, Siler K, Willis D, Carrasquillo O, Dallery J. Comparative effectiveness of mobile health smoking cessation approaches among underserved patients in primary care: Study protocol for the PROMOTE-UP trial. Contemp Clin Trials. 2023 Apr;127:107120. doi: 10.1016/j.cct.2023.107120. Epub 2023 Feb 16. PMID: 36804046.

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[Effectiveness of Health Coaching in Smoking Cessation and Promoting the Use of Oral Smoking Cessation Drugs in Patients with Type 2 Diabetes: A Randomized Controlled Trial - PMC \(nih.gov\)](#)

Huang LC, Chang YT, Lin CL, Chen RY, Bai CH. Effectiveness of Health Coaching in Smoking Cessation and Promoting the Use of Oral Smoking Cessation Drugs in Patients with Type 2 Diabetes: A Randomized Controlled Trial. *Int J Environ Res Public Health*. 2023 Mar 12;20(6):4994. doi: 10.3390/ijerph20064994. PMID: 36981909; PMCID: PMC10049574.

[An application of the stress-diathesis model: A review about the association between smoking tobacco, smoking cessation, and mental health - PMC \(nih.gov\)](#)

Taylor GMJ, Treur JL. An application of the stress-diathesis model: A review about the association between smoking tobacco, smoking cessation, and mental health. *Int J Clin Health Psychol*. 2023 Jan-Apr;23(1):100335. doi: 10.1016/j.ijchp.2022.100335. Epub 2022 Oct 1. PMID: 36247407; PMCID: PMC9531043.

[Factors associated with quitting among smoking cessation medication-assisted smokers and ex-smokers: A cross-sectional study in Australia - PMC \(nih.gov\)](#)

Mersha AG, Eftekhari P, Kennedy M, Gould GS. Factors associated with quitting among smoking cessation medication-assisted smokers and ex-smokers: A cross-sectional study in Australia. *Prev Med Rep*. 2023 Feb 28;32:102168. doi: 10.1016/j.pmedr.2023.102168. PMID: 36922959; PMCID: PMC10009288.

[Emotion regulation expectancies and smoking cessation factors: A daily diary study of California adults who smoke cigarettes during a practice quit attempt - ScienceDirect](#)

Pang RD, Wang SD, Tucker CJ, Zadoorian L, Weinberger AH, D'Orazio L, Kirkpatrick MG. Emotion regulation expectancies and smoking cessation factors: A daily diary study of California adults who smoke cigarettes during a practice quit attempt. *Drug Alcohol Depend*. 2023 Apr 1;245:109810. doi: 10.1016/j.drugalcdep.2023.109810. Epub 2023 Feb 17. PMID: 36857842.

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[Smoking Cessation Medication Prescribing for Smokers With and Without Mental Illness | Psychiatric Services \(psychiatryonline.org\)](#)

White SA, Stone E, Murphy KA, Daumit GL, McGinty EE. Smoking Cessation Medication Prescribing for Smokers With and Without Mental Illness. Psychiatr Serv. 2023 Apr 1;74(4):332-340. doi: 10.1176/appi.ps.202100690. Epub 2022 Nov 9. PMID: 36349496; PMCID: PMC10066821.

[Assessing the Effect of an Inpatient Smoking Cessation Brief Intervention Tool on Long-Term Smoking Cessation Rates and Patient Interest for Nicotine Replacement Therapy: A Retrospective Analysis | European Addiction Research | Karger Publishers](#)

Vitangcol K, Puljevic C, Snoswell C. Assessing the Effect of an Inpatient Smoking Cessation Brief Intervention Tool on Long-Term Smoking Cessation Rates and Patient Interest for Nicotine Replacement Therapy: A Retrospective Analysis. Eur Addict Res. 2023 Jan 30:1-7. doi: 10.1159/000528864. Epub ahead of print. PMID: 36716711.

[What are the effective components of group-based treatment programmes for smoking cessation? A systematic review and meta-analysis | Nicotine & Tobacco Research | Oxford Academic](#)

Mersha AG, Bryant J, Rahman T, McGuffog R, Maddox R, Kennedy M. What are the effective components of group-based treatment programmes for smoking cessation? A systematic review and meta-analysis. Nicotine Tob Res. 2023 Apr 27:ntad068. doi: 10.1093/ntr/ntad068. Epub ahead of print. PMID: 37104053.

[Immediate, Remote Smoking Cessation Intervention in Participants Undergoing a Targeted Lung Health Check - PMC \(nih.gov\)](#)

Williams PJ, Philip KEJ, Gill NK, Flannery D, BATTERY S, Bartlett EC, Devaraj A, Kemp SV, Addis J, Derbyshire J, Chen M, Morris K, Lavery AA, Hopkinson NS. Immediate, Remote Smoking Cessation Intervention in Participants Undergoing a Targeted Lung Health Check: Quit Smoking Lung Health Intervention Trial, a Randomized Controlled Trial. Chest. 2023 Feb;163(2):455-463. doi: 10.1016/j.chest.2022.06.048. Epub 2022 Aug 4. PMID: 35932889; PMCID: PMC9899638.

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[Smoking Cessation Medication Prescribing for Smokers With and Without Mental Illness | Psychiatric Services \(psychiatryonline.org\)](#)

White SA, Stone E, Murphy KA, Daumit GL, McGinty EE. Smoking Cessation Medication Prescribing for Smokers With and Without Mental Illness. Psychiatr Serv. 2023 Apr 1;74(4):332-340. doi: 10.1176/appi.ps.202100690. Epub 2022 Nov 9. PMID: 36349496; PMCID: PMC10066821.

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Vitangcol K, Puljevic C, Snoswell C. Assessing the Effect of an Inpatient Smoking Cessation Brief Intervention Tool on Long-Term Smoking Cessation Rates and Patient Interest for Nicotine Replacement Therapy: A Retrospective Analysis. Eur Addict Res. 2023 Jan 30:1-7. doi: 10.1159/000528864. Epub ahead of print. PMID: 36716711.

[What are the effective components of group-based treatment programmes for smoking cessation? A systematic review and meta-analysis | Nicotine & Tobacco Research | Oxford Academic](#)

Mersha AG, Bryant J, Rahman T, McGuffog R, Maddox R, Kennedy M. What are the effective components of group-based treatment programmes for smoking cessation? A systematic review and meta-analysis. Nicotine Tob Res. 2023 Apr 27:ntad068. doi: 10.1093/ntr/ntad068. Epub ahead of print. PMID: 37104053.

[Immediate, Remote Smoking Cessation Intervention in Participants Undergoing a Targeted Lung Health Check - PMC \(nih.gov\)](#)

Williams PJ, Philip KEJ, Gill NK, Flannery D, Buttery S, Bartlett EC, Devaraj A, Kemp SV, Addis J, Derbyshire J, Chen M, Morris K, Lavery AA, Hopkinson NS. Immediate, Remote Smoking Cessation Intervention in Participants Undergoing a Targeted Lung Health Check: Quit Smoking Lung Health Intervention Trial, a Randomized Controlled Trial. Chest. 2023 Feb;163(2):455-463. doi: 10.1016/j.chest.2022.06.048. Epub 2022 Aug 4. PMID: 35932889; PMCID: PMC9899638.

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[Knowledge, attitudes, behavioral and organizational factors of health professions students for a competent smoking cessation practice: An instrument adaptation and psychometric validation study in Spanish and English samples - ScienceDirect](#)

Pueyo-Garrigues M, Agüera Z, Andrés A, Lluch-Canut MT, Tricas-Sauras S, Duaso MJ, Feliu A, Pardavila-Belio MI, Antón L, Cornejo-Ovalle M, Puig-Llobet M, Moreno-Arroyo C, Barroso T, Roca J; INSTRUcT research group; Martínez C. Knowledge, attitudes, behavioral and organizational factors of health professions students for a competent smoking cessation practice: An instrument adaptation and psychometric validation study in Spanish and English samples. *Nurse Educ Pract*. 2023 Apr 26;70:103647. doi: 10.1016/j.nepr.2023.103647. Epub ahead of print. PMID: 37121026.

[Perceived Stress and Smoking Cessation: The Role of Smoking Urges - PMC \(nih.gov\)](#)

Barroso-Hurtado M, Suárez-Castro D, Martínez-Vispo C, Becoña E, López-Durán A. Perceived Stress and Smoking Cessation: The Role of Smoking Urges. *Int J Environ Res Public Health*. 2023 Jan 10;20(2):1257. doi: 10.3390/ijerph20021257. PMID: 36674019; PMCID: PMC9859085.

[The Impact of Digital Health on Smoking Cessation - PMC \(nih.gov\)](#)

Cobos-Campos R, Cordero-Guevara JA, Apiñaniz A, de Lafuente AS, Bermúdez Ampudia C, Argaluz Escudero J, Pérez Llanos I, Parraza Diez N. The Impact of Digital Health on Smoking Cessation. *Interact J Med Res*. 2023 Mar 15;12:e41182. doi: 10.2196/41182. PMID: 36920468; PMCID: PMC10131696.

[Timing of Maternal Smoking Cessation and Newborn Weight, Height, and Head Circumference - PubMed \(nih.gov\)](#)

Tatsuta N, Asato K, Anai A, Suzuki T, Sakurai K, Ota C, Arima T, Sugawara J, Yaegashi N, Nakai K; Japan Environment and Children's Study Group. Timing of Maternal Smoking Cessation and Newborn Weight, Height, and Head Circumference. *Obstet Gynecol*. 2023 Jan 1;141(1):119-125. doi: 10.1097/AOG.0000000000004991. Epub 2022 Nov 30. PMID: 36701612.

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[Meta-Analysis on Associations of Timing of Maternal Smoking Cessation Before and During Pregnancy With Childhood Overweight and Obesity | Nicotine & Tobacco Research | Oxford Academic \(oup.com\)](#)

Perkins J, Re T, Ong S, Niu Z, Wen X. Meta-Analysis on Associations of Timing of Maternal Smoking Cessation Before and During Pregnancy With Childhood Overweight and Obesity. *Nicotine Tob Res.* 2023 Mar 22;25(4):605-615. doi: 10.1093/ntr/ntac213. PMID: 36106723; PMCID: PMC10032303.

[Public health impact of a US ban on menthol in cigarettes and cigars: a simulation study - PMC \(nih.gov\)](#)

Levy DT, Meza R, Yuan Z, Li Y, Cadham C, Sanchez-Romero LM, Travis N, Knoll M, Liber AC, Mistry R, Hirschtick JL, Fleischer NL, Skolnick S, Brouwer AF, Douglas C, Jeon J, Cook S, Warner KE. Public health impact of a US ban on menthol in cigarettes and cigars: a simulation study. *Tob Control.* 2023 Apr;32(e1):e37-e44. doi: 10.1136/tobaccocontrol-2021-056604. Epub 2021 Sep 2. PMID: 34475258; PMCID: PMC9210349.

[Peer mentoring for smoking cessation in public housing: A mixed-methods study - PMC \(nih.gov\)](#)

Apata J, Goldman E, Taraji H, Samagbeyi O, Assari S, Sheikhattari P. Peer mentoring for smoking cessation in public housing: A mixed-methods study. *Front Public Health.* 2023 Jan 5;10:1052313. doi: 10.3389/fpubh.2022.1052313. PMID: 36726619; PMCID: PMC9885972.

[Journal of Medical Internet Research - The Effectiveness of Smartphone App-Based Interventions for Assisting Smoking Cessation: Systematic Review and Meta-analysis \(jmir.org\)](#)

Guo YQ, Chen Y, Dabbs AD, Wu Y. The Effectiveness of Smartphone App-Based Interventions for Assisting Smoking Cessation: Systematic Review and Meta-analysis. *J Med Internet Res.* 2023 Apr 20;25:e43242. doi: 10.2196/43242. PMID: 37079352.

[Vaping and socioeconomic inequalities in smoking cessation and relapse: a longitudinal analysis of the UK Household Longitudinal Study | Tobacco Control \(bmj.com\)](#)

Hardie I, Green MJ. Vaping and socioeconomic inequalities in smoking cessation and relapse: a longitudinal analysis of the UK Household Longitudinal Study. *Tob Control.* 2023 Apr 11:tc-2022-057728. doi: 10.1136/tc-2022-057728. Epub ahead of print. PMID: 37041075.

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[Smoking Cessation Among Gender Minority Populations, Cis-women, and Cis-men: Findings From the International Tobacco Control Netherlands Survey - PMC \(nih.gov\)](#)

Nagelhout GE, Poole NL, Geboers C, Magnée T, Kaag AM, van den Brand FA, van den Putte B, de Vries H, Fong GT, Willemsen MC. Smoking Cessation Among Gender Minority Populations, Cis-women, and Cis-men: Findings From the International Tobacco Control Netherlands Survey. Nicotine Tob Res. 2023 Apr 6;25(5):945-953. doi: 10.1093/ntr/ntac283. PMID: 36511388; PMCID: PMC10077939.

[Effectiveness of Peer-Support Interventions for Smoking Cessation: A Systematic Review and Meta-analysis | Nicotine & Tobacco Research | Oxford Academic \(oup.com\)](#)

Yuan P, Westmaas JL, Thrul J, Toussaert S, Hilton JF, White JS. Effectiveness of Peer-Support Interventions for Smoking Cessation: A Systematic Review and Meta-Analysis. Nicotine Tob Res. 2023 Apr 12:ntad059. doi: 10.1093/ntr/ntad059. Epub ahead of print. PMID: 37042206.

[Which smokers enroll in a hospital based smoking cessation trial? Survey of smoking related behaviors, quit attempts, and motivation to quit - Gobarani - 2023 - Health Promotion Journal of Australia - Wiley Online Library](#)

Gobarani RK, Weeks GR, Abramson MJ, Bonevski B, Paul E, Webb A, Kirsa S, Smith BJ, Thomas D, Perinpanathan S, Parkinson J, Meanger D, Coward L, Rofe O, Lee P, George J. Which smokers enroll in a hospital based smoking cessation trial? Survey of smoking related behaviors, quit attempts, and motivation to quit. Health Promot J Austr. 2023 Apr;34(2):420-428. doi: 10.1002/hpja.658. Epub 2022 Sep 17. PMID: 36065155.

[The Evaluation Of Smoking Cessation Treatment Success and Related Factors in Adults Age 65 Years and Older: Clinical Gerontologist: Vol 46, No 3 \(tandfonline.com\)](#)

Zeren OG, Ilknur D, Rumeysa DH, Gunher AS. The Evaluation Of Smoking Cessation Treatment Success and Related Factors in Adults Age 65 Years and Older. Clin Gerontol. 2023 May-Jun;46(3):424-432. doi: 10.1080/07317115.2022.2158767. Epub 2022 Dec 28. PMID: 36576075.

[A Just-In-Time Adaptive intervention \(JITAI\) for smoking cessation: Feasibility and acceptability findings - ScienceDirect](#)

Yang MJ, Sutton SK, Hernandez LM, Jones SR, Wetter DW, Kumar S, Vinci C. A Just-In-Time Adaptive intervention (JITAI) for smoking cessation: Feasibility and acceptability findings. Addict Behav. 2023 Jan;136:107467. doi: 10.1016/j.addbeh.2022.107467. Epub 2022 Aug 23. PMID: 36037610.

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## Healthy Weight

[Obesity Profile update: May 2023 - GOV.UK \(www.gov.uk\)](#)

Obesity Profile update: May 2023, Obesity Profile update: May 2023, Office for Health Improvement and Disparities, 2023

[Public Health Outcomes Framework: May 2023 data update - GOV.UK \(www.gov.uk\)](#)

Public Health Outcomes Framework: May 2023 data update, Office for Health Improvement and Disparities, 2023

[World Obesity Atlas 2023 | World Obesity Federation](#)

World Obesity Federation, World Obesity Atlas 2023, 2023

[Adult tier 2 weight management services provisional data for April 2021 to December 2022 \(experimental statistics\) - GOV.UK \(www.gov.uk\)](#)

Adult tier 2 weight management services provisional data for April 2021 to December 2022 (experimental statistics), Obesity Profile update: May 2023, Office for Health Improvement and Disparities, 2023

[National child measurement programme - GOV.UK \(www.gov.uk\)](#)

National child measurement programme, Office for Health Improvement and Disparities, 2023

[Obesity Profile: update of adult and child obesity slide packs February 2023 - GOV.UK \(www.gov.uk\)](#)

Obesity Profile: update of adult and child obesity slide packs February 2023, Office for Health Improvement and Disparities, 2023

[Factors associated with weight gain prevention in young adults with serious mental illness - Browne - 2023 - Early Intervention in Psychiatry - Wiley Online Library](#)

Browne J, Xie H, Wolfe RS, Naslund JA, Gorin AA, Aschbrenner KA. Factors associated with weight gain prevention in young adults with serious mental illness. Early Interv Psychiatry. 2023 Jan;17(1):39-46. doi: 10.1111/eip.13289. Epub 2022 Mar 28. PMID: 35347848.

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[Deaf Weight Wise: A novel randomized clinical trial with Deaf sign language users - Barnett - 2023 - Obesity - Wiley Online Library](#)

Barnett S, Matthews K, DeWindt L, Sutter E, Samuel-Hodge C, Yang H, Pearson TA; Deaf Weight Wise Study Group. Deaf Weight Wise: A novel randomized clinical trial with Deaf sign language users. *Obesity* (Silver Spring). 2023 Apr;31(4):965-976. doi: 10.1002/oby.23702. Epub 2023 Mar 8. PMID: 36890106; PMCID: PMC10033396.

[Obesity at age 20 and weight gain during adulthood increase risk of total and premature all-cause mortality: findings from women attending breast screening in Manchester - PMC \(nih.gov\)](#)

Pegington M, Harvie M, Harkness EF, Brentnall A, Malcomson L, Southworth J, Fox J, Howell A, Cuzick J, Evans DG. Obesity at age 20 and weight gain during adulthood increase risk of total and premature all-cause mortality: findings from women attending breast screening in Manchester. *BMC Womens Health*. 2023 Jan 13;23(1):17. doi: 10.1186/s12905-023-02162-0. PMID: 36635680; PMCID: PMC9837983.

[The feasibility of a telephone-based weight loss intervention in rural Ohio: A pilot study - PMC \(nih.gov\)](#)

Zhang X, Chaplow ZL, Bowman J, Shoben A, Felix AS, DeScenza VR, Kilar M, Focht BC, Paskett ED. The feasibility of a telephone-based weight loss intervention in rural Ohio: A pilot study. *PLoS One*. 2023 Mar 16;18(3):e0282719. doi: 10.1371/journal.pone.0282719. PMID: 36928626; PMCID: PMC10019683.

[Associations of Change in Body Size With All-Cause and Cause-Specific Mortality Among Healthy Older Adults - PMC \(nih.gov\)](#)

Hussain SM, Newman AB, Beilin LJ, Tonkin AM, Woods RL, Neumann JT, Nelson M, Carr PR, Reid CM, Owen A, Ball J, Cicuttini FM, Tran C, Wang Y, Ernst ME, McNeil JJ. Associations of Change in Body Size With All-Cause and Cause-Specific Mortality Among Healthy Older Adults. *JAMA Netw Open*. 2023 Apr 3;6(4):e237482. doi: 10.1001/jamanetworkopen.2023.7482. PMID: 37036703; PMCID: PMC10087052.

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[Associations of Change in Body Size With All-Cause and Cause-Specific Mortality Among Healthy Older Adults - PMC \(nih.gov\)](#)

Hussain SM, Newman AB, Beilin LJ, Tonkin AM, Woods RL, Neumann JT, Nelson M, Carr PR, Reid CM, Owen A, Ball J, Cicuttini FM, Tran C, Wang Y, Ernst ME, McNeil JJ.

Associations of Change in Body Size With All-Cause and Cause-Specific Mortality Among Healthy Older Adults. JAMA Netw Open. 2023 Apr 3;6(4):e237482. doi: 10.1001/jamanetworkopen.2023.7482. PMID: 37036703; PMCID: PMC10087052.

[Promoting weight loss and psychological well-being in patients with obesity: A sequential combination of behavioural lifestyle intervention and well-being therapy - Zhu - 2023 - Clinical Psychology & Psychotherapy - Wiley Online Library](#)

Zhu B, Gostoli S, Benasi G, Patierno C, Petroni ML, Nuccitelli C, Marchesini G, Fava GA, Rafanelli C. Promoting weight loss and psychological well-being in patients with obesity: A sequential combination of behavioural lifestyle intervention and well-being therapy. Clin Psychol Psychother. 2023 Mar;30(2):422-435. doi: 10.1002/cpp.2806. Epub 2022 Dec 20. PMID: 36436883.

["Own doctor" presence in a web-based lifestyle intervention for adults with obesity and hypertension: A randomized controlled trial - PMC \(nih.gov\)](#)

Múzquiz-Barberá P, Ruiz-Cortés M, Herrero R, Vara MD, Escrivá-Martínez T, Baños RM, Rodilla E, Lisón JF. "Own doctor" presence in a web-based lifestyle intervention for adults with obesity and hypertension: A randomized controlled trial. Front Public Health. 2023 Mar 14;11:1115711. doi: 10.3389/fpubh.2023.1115711. PMID: 36998287; PMCID: PMC10043391.

[Parents' experiences of participating in the Healthy School Start Plus programme – a qualitative study - PMC \(nih.gov\)](#)

Malek ME, Andermo S, Nyberg G, Elinder LS, Patterson E, Norman Å. Parents' experiences of participating in the Healthy School Start Plus programme - a qualitative study. BMC Public Health. 2023 Apr 4;23(1):646. doi: 10.1186/s12889-023-15552-8. PMID: 37016372; PMCID: PMC10074815.

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[Gamification and neurotraining to engage men in behavioral weight loss: Protocol for a factorial randomized controlled trial - ScienceDirect](#)

Forman EM, Butryn ML, Chwyl C, Crane MM, Dart H, Hagerman CJ, Manasse SM, Onu M, Sun J, Veling H, Zhang F. Gamification and neurotraining to engage men in behavioral weight loss: Protocol for a factorial randomized controlled trial. Contemp Clin Trials. 2023 Jan;124:107010. doi: 10.1016/j.cct.2022.107010. Epub 2022 Nov 15. PMID: 36396065; PMCID: PMC9839628.

[Prolonged body weight gain, lifestyle changes and health-related quality of life in children during the COVID-19 pandemic lockdown: A follow-up study - PMC \(nih.gov\)](#)

Azrak MÃ, Fasano MV, Avico AJ, Sala M, Casado C, Padula M, Kruger AL, Malpeli A, Andreoli MF. Prolonged body weight gain, lifestyle changes and health-related quality of life in children during the COVID-19 pandemic lockdown: A follow-up study. Eur J Clin Nutr. 2023 Apr;77(4):460-467. doi: 10.1038/s41430-022-01252-w. Epub 2022 Dec 12. PMID: 36510000; PMCID: PMC9744372.

[Associations of body size with all-cause and cause-specific mortality in healthy older adults - PMC \(nih.gov\)](#)

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