

1. Conner, M., & Higgins, A. (2010). Long-term effects of implementation intentions on prevention of smoking uptake among adolescents: A cluster randomized controlled trial. *Health Psychology*, **29**, 529-538. doi: [10.1037/a0020317](https://doi.org/10.1037/a0020317)

2. Conner, M., Grogan, S., West, R., Simms-Ellis, R., Scholtens, K., Sykes-Muskett, B., Cowap, L., Lawton, R., Armitage, C.J., Meads, D., Schmitt, L., Torgerson, C., & Siddiqi, K. (2019). Effectiveness and cost-effectiveness of repeated implementation intention formation plus anti-smoking messages on adolescent smoking initiation: A cluster randomized controlled trial. *Journal of Consulting and Clinical Psychology*, **87**, 422-432. <https://doi.org/10.1037/ccp0000387>

Title of evidence summary

Implementation Intentions – a behavioural intervention to prevent smoking uptake

Who is this summary for?

Adolescents

Focus

The focus is on forming repeated implementation intentions on how to refuse the offer of a cigarette after engaging with antismoking messages in educational settings.

Key findings/recommendations

Evidence based on two randomized controlled trials conducted in the UK^{1,2} shows that the repeated formation of implementation intentions about how to refuse offers of a cigarette alongside motivational antismoking messages were effective in significantly reducing ever smoking and any smoking.

The evidence in relation to regular smoking was not significant.

Implementation considerations

- In terms of populations and equity, the effects did not vary with gender, ethnicity or socio-economic status.
- *One of the key considerations is the willingness and capacity of schools and schoolteachers to deliver the intervention.*
- The intervention may also provide a cost-effective means to reduce smoking initiation in adolescents.

Quality of the evidence

High - In the two trials, 9,300 adolescents were randomized by classroom to control or implementation intentions. Four years later smoking uptake was assessed in both groups.

Citation for any linked full evidence review

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Who funded it?

ESRC and MRC

Languages the review is available in (can use [ISO codes](#))

Other sources of information