



## **ASSIST: Unwilling to Quit**

Use interventions to increase future quit attempts, such as the “5 R’s” and motivational interviewing.

1. **RELEVANCE:** “Why might quitting be especially helpful for you now?” Emphasize health concerns, family or social situation, finances, age, gender, and other important patient characteristics.
2. **RISKS:** “Let’s discuss a few potential negative consequences of tobacco use.” Emphasize acute risks, long term risks, and the environmental risks of second hand smoke
3. **REWARDS:** “Do you know the potential benefits of stopping tobacco use?” Emphasize personal health, family health, money saved, physical performance, and appearance.
4. **ROADBLOCKS:** “Let’s identify barriers or impediments to quitting and try to come up with a few solutions that would work for you.” Suggest treatment strategies such as problem-solving counseling (“What need does smoking meet for you now?”) and/or medication.
5. **REPETITION:** Repeat these steps at each visit with an unmotivated patient. If tobacco user has failed in previous quit attempts, reassure them: “Most people make repeated quit attempts before they are successful.”

Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009.



**Women’s Health  
Council of RI**

[www.womenshealthcouncil.org](http://www.womenshealthcouncil.org)