



## Prevention in children and adolescents AEPap/PAPPS Tobacco smoking prevention in adolescence

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### Evidence synthesis

There is good quality of evidence and moderate to high grade of evidence on the effectivity of individual behavioral interventions for tobacco consumption (TC) cessation, in adults as well as in pregnant women.

There is no good quality evidence neither in favor nor against the recommendation of the individual intervention for TC in adolescents. Given its relevant implications on health, the development of early addiction to tobacco and the higher difficulty of TC cessation when started at an early age, the benefit of implementing advising or brief intervention seems higher than its risk, taking into account the preferences and values of the adolescents and their families as well as the available resources.

Motivational interviews have proven moderately effective. There is no high-quality evidence that correlates the implementation of screening in reduction or intensity of TC. Nevertheless, the intervention based on the transtheoretical model of change or method of the 5 As, is admitted as the most reasonable and commonly implemented.

### PreInfad recommendations

Recommendation	Strength of recommendation (GRADE)
Ask and counsel on TC* in an opportunistic way to parents at least once	Strong in favor. Is recommended
Ask and counsel to pregnant women in an opportunistic way and in pre-natal classes	Strong in favor. Is recommended
Ask and counsel to adolescents in the primary care office about TC in an opportunistic way at least once§	

\*TC: tobacco consumption

§Recommendation based on good clinical practice: practice recommended based on clinical experience and the panel consensus