

Open Peer Review on Qeios

QuitGuide

National Cancer Institute

Source

National Cancer Institute. QuitGuide. NCI Thesaurus. Code C156879.

A smartphone-based application designed to help an individual to understand their smoking patterns and build the skills needed to become and stay smokefree. The app can be used to track cravings by time of day and location, and get motivational messages for each tracked craving.

Qeios ID: DDEVBG · https://doi.org/10.32388/DDEVBG