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Behavioral Activation Intervention to Smoking Cessation and to Post-Cessation Weight Gain

National Cancer Institute

Source

National Cancer Institute. *Behavioral Activation Intervention to Smoking Cessation and to Post-Cessation Weight Gain*. NCI Thesaurus. Code C162647.

A smoking cessation program. The goal of the BAS+ is to maintain a level of overall reward after cessation by structuring and enhancing opportunities for reinforcement to: ensure that not smoking is as reinforcing as smoking; and prevent an over-reliance on food as a substitute reinforcer for smoking so that post-cessation weight gain does not precipitate smoking relapse.