

# Comparative Testing of 5 Nicotine Systems: Initial Use and Preferences

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**Objective:** To test initial reactions to 5 nicotine treatments (NRTs: 2 and 4 mg gum, inhaler, nasal spray, tablet) in a crossover study (n=41). **Methods:** Subjects used each medication on arising ( $\frac{1}{2}$  day) and resumed smoking each afternoon. Subjects *rated* (individually) and *ranked* (comparatively) treatments on use, reinforcement, withdrawal, craving, and preferences. **Results:** Overall preferences: inhaler (49%), 4 mg gum (24%), 2 mg

gum (10%), 2 mg tablet (10%), nasal spray (7%). Overall results were consistent with ratings and rankings of individual characteristics of drugs. **Conclusion:** Subjects had varied reactions to NRTs that may affect initiation of cessation.

**Key words:** nicotine delivery systems, preferences, nicotine gum, nicotine tablet, nicotine nasal spray, nicotine inhaler, nicotine addiction

*Am J Health Behav.* 2004;28(1):72-86

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