

# Effectiveness of the Nicotine Inhaler for Smoking Cessation in an OTC Setting

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**Objective:** To evaluate the effectiveness of the Nicotrol® nicotine inhaler as an aid to smoking cessation in over-the-counter (OTC) versus health-care-provider (HCP) conditions. **Methods:** Five hundred twenty healthy smokers were randomized to the treatment conditions and followed for a year. **Results:** At most follow-up visits, abstinence rates for the HCP group were 2 to 3 times those

observed in the OTC group. Abstinence at 1 year was .77% in the OTC condition versus 3.08% in the HCP condition [ $P < .01$ ]. Inhaler use was low. **Conclusions:** OTC nicotine inhaler appears to be ineffective, though quit rates are improved with HCP assistance.

**Key words:** smoking cessation, OTC, nicotine inhaler, nicotine replacement

*Am J Health Behav.* 2004;28(4):291-301

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