

Bupropion SR vs Placebo for Smoking Cessation in Health Care Professionals

Jean-Pierre Zellweger, MD; Pal Laszlo Boelcskei, PhD; Laura Carrozzi, MD
Ruth Sepper, MD, PhD; Ruth Sweet, PhD; Amy Z. Hider, BSc

Objective: To evaluate bupropion SR for smoking cessation in physicians and nurses. **Methods:** This double-blind prospective 26-center, 12-country trial randomized 687 subjects to smoking cessation counselling with bupropion SR or placebo for 7 weeks. The participants were followed for 52 weeks. **Results:** Bupropion SR was superior to placebo (50% vs 40%, $P=0.013$) on the 4-week primary outcome variable. Due to a high

placebo response in this health care population, statistical differences were not maintained after treatment was discontinued. **Conclusions:** Bupropion SR is effective and well tolerated in health care professionals. Relapse prevention measures are needed to attain long-term abstinence.

Key words: bupropion SR, healthcare professionals, smoking cessation

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