

Towards successful Web-based smoking relapse prevention : the efficacy of a computer tailored program incorporating post-motivational components & an attentional bias modification program

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Propositions accompanying the dissertation

Towards successful Web-based smoking relapse prevention

The efficacy of a computer tailored program incorporating post-motivational components & an attentional bias modification program

1. Narrowing the gap between theory and practice in the domain of smoking cessation and relapse prevention is required to facilitate the development and implementation of successful smoking relapse prevention programs (*this thesis*)
2. Tailored feedback combined with action planning assignments has the potential to foster long-term continued smoking abstinence (this thesis)
3. Smokers who want to quit smoking need to be encouraged to make very specific implementation intentions in order to deal with personal risk-situations and remain abstinent after a quit-attempt (this thesis)
4. Attentional bias modification strategies can be beneficial for moderate to heavy smokers (this thesis)
5. Habit is habit and not to be flung out of the window by any man, but coaxed downstairs a step at a time (Mark Twain)
6. Low levels of adherence and high drop-out rates in Internet trials hinder the interpretation of the results of randomized controlled trials
7. Many Dutch smokers are not yet highly motivated to quit smoking on the short-term: targeting this group (besides the motivated smokers) is essential in order to further decrease smoking prevalence in the Netherlands
8. The Internet as a delivery mode for health interventions can be a blessing as well as a curse
9. To raise new questions, new possibilities and to regard old problems from a new angle, requires creative imagination and marks real advance in science (Albert Einstein)
10. The more I learn, the more I learn how little I know (*Socrates*)