

Ordered by date of publication:

How can healthcare professionals help patients quit smoking?

- VJOnco, **2017**
- A 30 second video from a Stanford Oncologist addressing the key strategies necessary to provide to patients to assist them in quitting smoking.
- <https://www.youtube.com/watch?v=zso6EZ-nhj0/>

Quitting Smoking Is a Journey

- Dr. Mike Evans, Center for Addiction and Mental Health, **2014**
- Dr. Mike Evans is a physician that uses drawings and evidence-based strategies to discuss and address the misconceptions of smoking.
- <https://www.youtube.com/watch?v=nylJo7VCdPE>

The Secret to Self-Control

- Dr. Jonathan Bricker, Tedx Talks, **2014**
- A TED Talk presentation by Dr. Jonathan Bricker, Fred Hutchison Cancer Center, describes a scientifically sound approach to behavior change that is twice as effective as most currently practiced methods. His new methods are driving new norms and new apps for how people quit smoking and decrease obesity, saving many people from an early death.
- <https://www.youtube.com/watch?v=tTb3d5cjSFI/>

Advanced Motivational Interviewing: Smoking Cessation

- Advanced Motivational Interviewing for Clinicians, **2013**
- A family medicine physician effectively uses motivational interviewing to address smoking cessation with a patient.
- <https://www.youtube.com/watch?v=31UwtqdT-zw>

What is the Single Best Thing You Can Do to Quit Smoking?

- Dr. Mike Evans, reframehealthlab.com, **2012**
- Dr. Mike Evans is a physician that uses drawings and a story to explain misconceptions about smoking.
- <https://www.youtube.com/watch?v=z16vhtjWKLO&t=6s>

Quitting Smoking Timeline

- QuitSmoking.com, **2012**
- A cartoon presentation about the changes that happen to a person's body when tobacco use is stopped.
- <https://www.youtube.com/watch?v=fLbQfMmrISE/>

14% Of People Stop Smoking Just By Watching This Video

- Thehypnoticcoach.com, **2011**
- A 13 minute video about using hypnosis to quit smoking. Practice steps are addressed.
- https://www.youtube.com/watch?v=_3Scx-CwALg/