

**Bupropion and nortriptyline aid long-term smoking cessation but selective serotonin uptake inhibitors (SSRIs) do not**

<b>Clinical question</b>	Which antidepressants are effective in aiding long-term (>6 months) smoking cessation?
<b>Bottom line</b>	Both bupropion and nortriptyline double the odds of cessation when compared to placebo (NNT = 7 and 10 respectively). The efficacy of bupropion and nortriptyline appears to be similar to that for nicotine replacement and not restricted to people with a history of depression or depressive symptoms during smoking abstinence. SSRIs, venlafaxine and moclobemide show no evidence of benefit.
<b>Caveat</b>	Bupropion can cause insomnia, dry mouth, nausea and seizures (estimated risk = 1 in 1,000). Nortriptyline can cause dry mouth, constipation, nausea and sedation, and can be dangerous in overdose.
<b>Context</b>	Smoking is the most preventable cause of premature death, accounting for about 17% of all deaths in developed countries
<b>Cochrane Systematic Review</b>	Hughes JR et al. <b>Antidepressants for smoking cessation</b> . Cochrane Reviews, 2007, Issue 1. This review contains 40 Bupropion trials with study size ranging from 18 to 707 participants. There were 8 nortriptyline studies ranging from 103 to 214 participants.
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