Associations between the Willingness to Exert Cognitive Effort and Smoking Abstinence

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Associations between Willingness to Exert Cognitive Effort and Smoking Abstinence

Austin A. Phanouvong
Honors Thesis
June 1st, 2017
**Participants**

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<tbody>
<tr>
<td>N (Males:females)</td>
<td>22 (12:10)</td>
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<tr>
<td>Age (years) (SD)</td>
<td>31.55 (6.97)</td>
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**Current drug use (Percent who reported use in the last 30 days)**

- Alcohol: 77.27%
- Marijuana: 36.36%

**Mean (SD) amounts of current drug use for those who use**

- Alcohol drinks/week: 7.21 (11.94)
- Marijuana joints/week: 0.83 (7.67)

**Lifetime recreational drug use (Percent who reported lifetime use)**

- Stimulants: 4.55%
- Sedatives/tranquilizers: 4.55%
- Hallucinogens: 13.64%
- Opiates: 9.09%
- Marijuana: 45.45%
- Other (includes inhalants): 4.55%

- Cigarettes/day (SD): 9.91 (5.62)
- Fagerström score (SD): 2.86 (1.88)
- Contemplation Ladder Score Mean (SD): 5.45 (2.7)
- Breath Carbon Monoxide (S1) - ppm (SD): 13.09 (6.42)
- Breath Carbon Monoxide (S2) - ppm (SD): 14.95 (5.32)
Methods

CE Discounting (grit): Participants made a series of choices between two alternatives:

- Small Reward with No Effort: Range $0-$26
- $25 + Effort (Effort for 1, 5, 10, or 20 min)

Diagram:
- Session Start
- Attentional Task
- CE Discounting
- Nicotine Deprivation
- Smoking Lapse Period
- Self Administration Period
- 120 min
- 60 min
- Session End
Results

\[ y = -0.002x + 0.934 \]

\[ R^2 = 0.155 \]
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