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Professor Helena Legido-Quigley

Chair of the Advisory Board

*BMJ Public Health*

June 12, 2024

Dear Professor Legido-Quigley,

We would like to submit an original research article titled ‘Smoking reduction trajectories and their association with smoking cessation: A secondary analysis of longitudinal clinical trial data’ for publication in *BMJ Public Health*.

The Authors declare that the content of this manuscript has not been published or submitted for publication elsewhere. All Authors are in agreement with the content in this manuscript and contributed significantly to its preparation.

In this paper, we show that, in a sample of adult smokers unmotivated to quit, those who reduced their smoking initially were more likely to achieve complete cessation. Furthermore, we extend simpler descriptive quantifications of trends in smoking over time to identify nuanced patterns of use.

Smoking remains the leading cause of preventable death. Emphasizing the importance of smoking reduction immediately following an intervention may identify those who need greater support in order to quit smoking entirely. Our findings related to smoking trajectories and associated characteristics will help readers identify those most likely to quit smoking and those who need additional help.

One author, Dr. Gemma Taylor, works for a scientific consulting company offering statistical services for projects unrelated to this work. The current authors were not involved in the original trials, and the funder of those trials (McNeil AB) was not involved with this secondary analysis.

Please address correspondence to me at [ajbarrow@uvm.edu](mailto:ajbarrow@uvm.edu). Thank you for considering this manuscript.

Sincerely,

Anthony Barrows

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