

The 'Four Dimensional' Treatment Framework – Stop Smoking Support

Client:		Sex:		DoB:	
Smoking Status (note date of session and either 'A' (abstinent) or 'S' (smoking))					
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
Pharmacological Treatment Dimensions					
Pharmacotherapy					
Smoking & Psychiatric Medication					
Behavioural Treatment Dimensions					
Physical Activity & Weight Control					
Alcohol & Substance Misuse					

Psychological Treatment Dimensions

Working with Self-Efficacy

Stress & Mood Management

Social Treatment Dimensions

Social Support

Assessment & Feedback

Other Notes