

Search Strategy for Medline

NB: Search strategies for the other databases were similar in structure, and used equivalent search terms and the same synonyms. Contact the corresponding author at terri.rodak@camh.ca for the full search strategy for each database.

- 1 "Tobacco Use Disorder"/
- 2 "Tobacco Use"/
- 3 exp Smoking/
- 4 ((Cigar* or tobacco or nicotine) adj5 (smoke* or smoking or user* or addict* or depend*)).ti,ab,kf,hw.
- 5 smoking.ti,ab,kf,hw.
- 6 smoking cessation/
- 7 ((Cigar* or tobacco or nicotine) adj5 (cessation or quit* or abstain* or abstin* or reduc*)).ti,ab,kf,hw.
- 8 or/1-7 [smoking terms]

- 9 (multipl* or several or "more than two" or additional or integrat* or combin* or concurrent or cooccur* or co-occur* or multifactorial or multi-factorial).ti,ab,kf,hw.
- 10 Health Behavior/
- 11 risk reduction behavior/
- 12 exp health promotion/
- 13 life style/
- 14 (health behavio?r* or health risk behavio?r*).ti,ab,kf,hw.
- 15 or/10-14 [health behaviour terms]
- 16 9 and 15 ["multiple" terms + health behaviour terms]
- 17 ((multipl* or several or "more than two" or additional or integrat* or combin* or concurrent or cooccur* or co-occur* or multifactorial or multi-factorial) adj3 ((health* or risk* or lifestyle* or "life style*") adj3 (behavio?r* or factor*))).ti,ab,kf,hw.
- 18 (((multipl* or several or "more than two" or addition* or integrat* or combin* or concurrent or cooccur* or co-occur* or multifactorial or multi-factorial) adj3 ((behavio?r* or lifestyle* or "life style*") adj3 (change* or modif*))).ti,ab,kf,hw.
- 19 or/16-18 [all multiple health behaviour terms]

- 20 exp alcohol drinking/
- 21 exp alcohol-related disorders/
- 22 exp alcoholic intoxication/
- 23 exp alcoholic beverages/
- 24 exp drinking behavior/
- 25 Alcohol*.ti,ab,kf,hw.
- 26 (Alcohol* adj3 (drink* or consum* or abus* or intake)).ti,ab,kf,hw.
- 27 "alcohol use".ti,ab,kf,hw.
- 28 ((Heavy or hazardous or binge or excess*) adj3 (drink* or alcohol*)).ti,ab,kf,hw.
- 29 (Alcohol* adj3 (abstain* or abstinen* or detox*)).ti,ab,kf,hw.
- 30 (beer or wine or cider or spirits or liquor).ti,ab,kf,hw.
- 31 or/20-30 [all alcohol terms]

- 32 exp Exercise/
- 33 exercise therapy/
- 34 physical fitness/
- 35 (Physical* adj3 (activ* or inactiv* or fit or fitness or endur*)).ti,ab,kf,hw. (119001)
- 36 Exerci*.ti,ab,kf,hw.
- 37 (sport* or walk* or run* or jog* or bike* or biking or bicycl* or swim* or aerobic*).ti,ab,kf,hw.
- 38 Sedentar*.ti,ab,kf,hw.
- 39 or/32-38 [all physical activity terms]

- 40 exp Diet/
- 41 Food habits/
- 42 feeding behavior/
- 43 food preferences/
- 44 nutrition therapy/
- 45 diet therapy/
- 46 Nutritio*.ti,ab,kf,hw.
- 47 (Health* adj3 (food* or diet* or eat*)).ti,ab,kf,hw.
- 48 (Unhealth* adj3 (food* or diet* or eat*)).ti,ab,kf,hw.
- 49 (Fruit* or Vegetable*).ti,ab,kf,hw.

50 ((food* or fat or fats or kalori* or dietary) adj2 (intake or consum*)).ti,ab,kf,hw.

51 (portion* adj size*).ti,ab,kf,hw.

52 or/40-51 [all healthy eating terms]

53 Stress, psychological/

54 Relaxation therapy/

55 ((emotion* or life or psychologic*) adj3 (stress* or suffer*)).ti,ab,kf,hw.

56 (Stress* adj3 manag*).ti,ab,kf,hw.

57 Relax*.ti,ab,kf,hw.

58 Mindful*.ti,ab,kf,hw.

59 Meditat*.ti,ab,kf,hw.

60 53 or 54 or 55 or 56 or 57 or 58 or 59

61 (((posttraumatic or post-traumatic) adj1 stress*) or ptsd).ti,ab,kf,hw.

62 60 not 61

63 stress test*.ti,ab,kf,hw.

64 62 not 63 [stress terms]

65 exp Sleep/

66 exp Sleep Wake Disorders/

67 sleep*.ti,ab,kf,hw.

68 insomnia*.ti,ab,kf,hw.

69 or/65-68 [sleep terms]

70 (program* or intervention* or treat* or modalit* or trial*).ti,ab,kf,hw.

71 dt.fs.

72 rh.fs.

73 th.fs.

74 pc.fs.

75 or/70-74 [intervention terms]

76 8 and 75 [smoking and intervention]

77 76 and 19 [smoking + MHB + intervention]

78 76 and 31 and 39 [smoking + alcohol + exercise + intervention]

- 79 76 and 31 and 52 [smoking + alcohol + nutrition + intervention]
- 80 76 and 31 and 64 [smoking + alcohol + stress + intervention]
- 81 76 and 31 and 69 [smoking + alcohol + sleep + intervention]
- 82 76 and 39 and 52 [smoking + exercise + nutrition + intervention]
- 83 76 and 39 and 64 [smoking + exercise + stress + intervention]
- 84 76 and 39 and 69 [smoking + exercise + sleep + intervention]
- 85 76 and 52 and 64 [smoking + nutrition + stress + intervention]
- 86 76 and 52 and 69 [smoking + nutrition + sleep + intervention]
- 87 76 and 64 and 69 [smoking + stress + sleep + intervention]
- 88 or/77-87 [all health behaviour intervention combinations]

89 (editorial or letter).pt.

90 88 not 89

91 limit 90 to yr="2005 -Current"

92 limit 91 to english language