



## Abordaje interdisciplinario del tabaquismo en la consulta odontológica: Aplicación de técnicas de intervención psicológicas [

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text (article)

Analítica

Currently, in the dental community there is confusion and doubt about the extent of professional responsibility in the intervention and prevention of smoking, which could be attributed, to a large extent, to lack of knowledge about it. However, the dentist is committed to actively participate in this addiction as part of oral treatment. Therefore, this article presents an updated review of the international literature related to smoking from the perspective of dental consultation, focused on the use of psychological strategies to offer an interdisciplinary approach, which frames the role of the dentist and his team. In this way, health psychology offers several intervention techniques that are highly effective in reducing or eliminating smoking, namely: motivational interviewing, response prevention, stimulus control, problem solving training, cognitive-behavioral, progressive training in anxiety and stress reduction, social skills training, anger management and aggressiveness, contingency management, self-control, aversive stimulation techniques, gradual reduction technique of nicotine and tar consumption (RGINA), couple and family therapy to deal with conflict situations in interpersonal relationships and group therapy

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