Abstract
This paper reviews the results of randomized clinical trials of psychological and/or pharmacological treatments for smokers. Special attention has been devoted to subjects with or without a history of depressive disorder. A 6 to 12 months biochemically validated abstinence was used as main criterion for success. Relevant earlier reviews, meta-analyses, original articles in PsycInfo and MEDLINE databases, along with papers from Cochrane Tobacco Addiction Group were checked. Current data suggest that cognitive behavioural therapies involving mood-handling components, antidepressants bupropion and nortriptiline, and nicotine-substitution therapy can help these smokers give up smoking. Choosing the most appropriate treatment will depend on the clinical profile and needs of the individual patient.

Keywords
Smoking cessation, Nicotine dependence, Depression, Cognitive Behavioural therapy, Nicotine substitution therapy, Antidepressants.