

2. **Exercise and Nicotine Craving Trial, 2012** *Journal of Smoking Cessation*.

Cigarette cravings are one of the most often expressed difficulties related to quitting. The effect of acute exercise on craving and withdrawal symptoms during a pharmacological based smoking cessation intervention is unknown. Methods: Participants completed the Shiffman-Jarvik scale (which provides a continuous measure of craving intensity) immediately before and after a scheduled exercise session. Significant reductions in cigarette craving were demonstrated following the exercise session.

- (a) What are the null and alternative hypotheses?
- (b) How do you think they tested the null hypothesis?
- (c) How do you interpret their results?