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CSCI 497G Winter 2016  
Smoking Cessation 1 Group

Dannon Dixon interview Transcript  
Time 2:15 PM 10 February 2016  
Location: WWU Library private room.  
Bold writing is interviewer  
Non-bold writing is interviewee.

**Start** -----

**So were here today and were doing an interview with Dannon Dixon, so Dannon I'm just gonna ask you a couple of questions, Am I saying it right?**

Yes

**Good, umm were here today I'm just gonna ask you a couple questions about smoking so I guess when did you start smoking?**

Uh regularly started smoking when I was 16

**Okay, how do you feel about your current smoking habits?**

Uhh I cut back a lot once I moved to Bellingham so I feel good about that, umm i haven't been actively trying to quit, so I feel okay about that .

**Totally, so what was the motivation when you first started smoking, was there like a group of people that you spent time with that smoked or...**

Umm yeah I guess at school people I hung out with smoked mostly umm, yeah social pressure

**And how many times have you tried to quit smoking in the past, and what were those experiences like, if you have tried to quit, in a meaningful way**

Umm I've tied twice, the first time I tried for a week when I was 19 or 20 and I was trying to quit so I was probably bumming 2 cigarettes a day so I cried all the time and I was really mean to people on purpose umm so that did not go so well

**So just kind of an unpleasant experience?**

Yeah really unpleasant experience, yeah and I did quit for a week last summer because I got my wisdom teeth out and I wasn't allowed to smoke, and they pumped me full of drugs so that was actually great and I actually should have just stuck with

that but I had a family reunion at the end of the week, so yeah, lot's of family by the time I was aloud to smoke again

**So is it kind of a stress sort of think or a comfort, thing to have, very nice, so, sorry were you going to expand**

No

**And I guess you have kind of already talked about this but what difficulties would there be now if you did try to stop smoking**

Umm mostly habit, cigarettes umm you no, like get in the car want to smoke, have a ten minute break between classes want to smoke there's a lot of triggers that are just like it's time to have a cigarette now take a break at work, umm my boyfriend smokes now and I live with him so that's difficult umm my parents smoke so when I visit them their always smoking, umm my best friend smokes so lot's of people around me smoking mostly and umm just all the habit cigarettes I have just because it's time to have one.

**Mhm definitely, So it's kind of a thing of having those uhh indicators or things thast make you want to smoke, that's like a difficulty in trying to quit smoking**

Right yeah cause I mean there's always cigarettes you smoke just because you want to have a cigarette but there's a lot of cigarettes you smoke because "I have ten minutes what else am I gonna do?" kind of thing so,

**Okay, well, umm have you ever tried to quit smoking, say with another person like in support like a support buddy.**

No

**Do you think that it would have helped to have somebody, a close friend, who was also trying to quit where you guys had a connection of like we're trying to help each other do this thing?**

Yeah it think it would if they were somebody that you saw a lot. I know my mom and my older sister who eventually quit smoking like my mom would always try to get her to quit but she lives on the other side of the country so there's no accountability there. So I think if it was somebody you saw on a daily basis

**Mhm, but so it's important to have that kind of consistent connection with somebody**

Right, it's just not enough to talk on the phone once a week that's not really good incentive kind of. I'll feel bad once a week, vs you know every time you talk to that person.

**Absolutely, it's important then you would think having a support buddy that would be consistently available and consistently trying to push you**

Yeah, I think that's true

**So umm, I guess kind of getting more to the point of why we're here, do you think it would help to quit smoking if the process of smoking cessation was kind of in a way turned into a competitive game with your support buddy in a way that's kind of a competitive environment where uhh you both know of each others statistics in quitting, or you both know, or you're both accountable for each other, do you think it would help to have that kind of competitive environment, r would that be, make it more difficult or being a turn off.**

I can see that being better, as long as the other person involved is actually in to it too, you know has the same level of enthusiasm, you know cause if you're trying to do it and you feel great, and I'm super competitive so that would be great for me umm, but if I'm you know trying to do this with a buddy that isn't into it you know, and is just trying to appease you, but think as long as you had the same level of enthusiasm umm competition

**So it comes down to finding the right person**

Yeah, but I think I mean if that worked as intended that would be great.

**Do you think it would be any less helpful if the person that you were connected was not a person that you knew? Say this is like an online and you are engaged in competitive game where you know how the person is doing, they know how you are doing and you are supporting each other**

Yeah, I think that would be less of an incentive maybe, umm yeah, I could that just because it's some stranger, you know, like they could be cheating and you wouldn't know. And there's not the guilt aspect if it's a total stranger like you know it's your friend you kind of feel guilty in addition to competition and stuff but umm ,

**But you have loyalties to your friend.**

Well, right yeah if you're both trying to do something together there's like you know competition plus if you do smoke, guilt because you know you're trying to do this with another person and support them. I think that's less present if there's a stranger

**Definitely, so more important that you have somebody who you have some real loyalty to, who you would not want to lie to, who you would feel bad, like the guilt factor.**

**Cool, do you think that technology could play a role in smoking cessation**

That's a leading question haha umm, yeah I mean it could

**I mean if you don't think so that's a valid opinion too.**

No I mean I do think so, I think that's definitely a route worth exploring, I would be interested to see what something like that would look like, what the specifics of that would be, but I think it definitely could. Umm,

**But no brainstorm ideas come to your mind as far as something that would be interesting to see?**

No brain storm ideas. I can think of anything specific that I would be looking for in that.

**So I guess real quick then, what has been your experience with smartphone apps related to smoking cessation?**

I've never used one.

**Have you had friends or family that have talked about technology like that?**

Not in regards to smoking no.

**So just never heard about that sort of thing.**

No uh uh.

**SO I guess to provide a summary of what that field of technology used in in smoking cessation, a lot of those apps are umm used as a way of consistently reminding you that you're trying to quit so You have an app that shows your statistics on how many dollars saved on cigarettes, how many years or how many days you've added onto your life sort of thing that's kind of generally what those smart phone apps do and they make it in such a way that it'll tell you randomly throughout your day, umm do you think that scenario....**

I would hate that!

**Is it an intrusive thing or what are your thoughts**

Well first of all it's reminding me several times a day that I'm not having cigarettes, so they are reminding you of cigarettes , um I think me personally I would treat that as an "oh I'm doing so great I can have a smoke" with all of this money I've saved and all that I'm doing , so I think that's the biggest reason I would not like that. Umm, I don't know I think you open yourself up to a lot of justification if you're doing good for a little bit to keep doing things you should be doing.

**Do you think it would be motivating to see your friends curbing their addiction? Friends and family, let's say you hear your , mom or sister, I think you aid she smokes,... Do you think that would be motivating ?**

Yeah I do think that would be motivating especially with people I now have tried to quit, umm, in the past a lot like my mom has been trying to quit since like my whole life, and my best friend, she smoked a pack a day and she went down to 2 a day, and that was motivating for me, you know because she had such a hard time with it but she was able to do that umm, and I also think that somebody you spend a lot of time with, if the people around you smoke less you smoke less. Umm , if my parents didn't smoke I wouldn't smoke as much when I was with my parents. But yeah I do think it's motivating

**Cool. So I guess going back to this notion of umm competition and maybe strategy in terms of having a buddy that you stop smoking with, let's expand to this idea of, let's say we have this smart phone app where you do connect with another person let's say someone very close to you, and you receive statistics on how the other person is doing regularly throughout the day, umm like if it was just you and another person do you think that would be more or less helpful than a group of your friends who were trying to quit. So Like two people in support or multiple people in support of each other.**

I think a group would be better because then If the one person is cheating if they're having a bad day and they're smoking a lot there's only one person so it could you know, if they're failing it's okay if you fail once in a while too, you know if they're having a bad day, I'm allowed to have a bad day, but I think if you had more of a group dynamic going then there's less of a chance that the other people are going to be having bad days, even if person A is smoking a ton today, person B and C are not so... umm I definitely think at least two other people would be good yeah. I Don't know that the difference between 3 versus 5 would be so much but I think 3 would be better for sure.

**So I guess it kind of sounds like I guess, the most positive factor to smoking cessation would something like having those positive habits with other people where it's present you know, you're kind of breaking the habit of umm... I don't want to lead you on to this, which is what I'm doing haha....**

**What are the most positive habits or what do you think could be the most positive things that could that would affect, if you were to quit smoking, like can you foresee positive things that would enable you?**

I think yeah, I think the people around me smoking less or quitting smoking would be a positive , definitely I mean for a whole bunch of reasons like both inspiration and the act of being around them. Yeah so that would definitely be a motivator I think that yeah.

**Would you consider paying to use a smartphone app like this if you knew it was successful and you were actively trying to quit, is this a route that you would go down.**

If I knew it was successful, umm if I had a personal recommendation for it yeah.

**Cool and I guess one question that came to my mind. So a lot of existing smartphone apps will remind you randomly throughout your day that you're trying to quit smoking and that you're doing so well. Is that intrusive? Is that annoying?**

That would be annoying for me. I get why they do that and I could see it being helpful for some people but I don't think personally that would. That seems intrusive, and Also just reminding you about cigarettes that seems counter intuitive, umm yeah.

**Even like motivational quotes**

They would have to be really good quotes. I don't know I mean I think it could probably be done well I guess that's not something I would be opposed to if you could turn off the feature. That just wouldn't appeal to me but I see why that would appeal to some people.

**Very cool, I think we've discussed a lot of really useful things here and I appreciate that you've come and interviewed is there any last questions or insights that you could provide at this time**

I don't think so.

**Cool! Thanks Dannon.**

**END**