Megan Dittamore

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CSCI 497G

Interview with Sarah Pierce Transcript

Megan: When and why did you start smoking?

Sarah: I started smoking because a lot of my friends in high school did it, and it seemed to go well with drinking.

Megan: Alright. How do you feel about your current smoking habits?

Sarah: I feel conflicted. Sometimes I don’t mind it, but sometimes I wish I didn’t smoke at all.

Megan: How many times have you tried to quit smoking?

Sarah: Probably, like, four or five times. The thing is that I’ll stop smoking for a while, but then I’ll start back into it for any number of reasons.

Megan: Have you had any other difficulties besides that in quitting? Like social pressure, or…?

Sarah: Yeah, it’s difficult to quit smoking, people don’t even have to be explicitely pressuring you to smoke when I’ve actually never been around anyone who has actively encouraged me to smoke, but the meer seeing of someone else smoking is often enough to get me to do do it again.

Megan: Do you think it would help to have a support buddy, who was also going through the same experience?

Sarah: It might help if it were a good friend, a friend already, because if they weren’t smoking and I wasn’t smoking, the triggers would be far less frequent.

Megan: Do you think it would be easier to quit, if you turned it into a game for yourself, like a competition or reward?

Sarah: Yeah, I think a big part of smoking is finding something to replace it with. So, to be able to have that positive feedback from somewhere else would be good.

Megan: Do you think technology would play a role in smoking secession?

Sarah: Yeah, I think so. I think a lot of people are just as addicted to their smart phones as their cigarettes. I mean whether or not that’s any better is debatable, but it could serve as a substitute.

Megan: Yeah, we were joking about trading one addiction for another. One of them is playing cigarettes and the other is playing a mobile game.

Sarah: One of them is socially acceptable though…

Megan: Yeah. Have you tried any smartphone apps for smoking secession?

Sarah: I have not. I’ve not heard of any and I haven’t sought any out.

Megan: Do you think it would be motivating to see your friend successfully curbing their smoking habits?

Sarah: Yeah, for the same reasons I said before. To be surrounded by people who aren’t smoking makes it that much easier to stop yourself.

Megan: Would it be easier for you to quit smoking if you were competition with another person, another stranger? Or would it have to be someone you knew?

Sarah: I would have to try it to know for sure.

Megan: Would you consider paying to use a smartphone app of this kind? If the reputation was already successful?

Sarah: I would if the reputation was really good I would consider it. People already pay for things like nicotine based secession aids.

Megan: Thank you very much!