Summary of Interview Findings:

When and why did you start smoking?

-13, ballet teacher gave first pack

-during high school, friends were doing it

-end of senior year (high school), friends were smokers, hard to refuse cigarettes

-16

How do you feel about your current smoking habits?

-Conflicted, sometimes doesn’t mind, sometimes wishes wasn’t a smoker at all

-Not great, but became part of identity, so kept smoking

-Has cut back since moved to Bellingham, hasn’t been actively trying to quit so this is good

-Doesn’t feel good, smoking more often lately, trying to quit, been 2 days since had cigarette

**How many times have you tried to quit?**

-4 or 5 times, I’ll stop for a while then start again. No one has actively pressured her to smoke but being around people smoking is very tempting.

-4 or 5 times (both were women… interesting). Would get hungry and angry. Saw how much spending and got her to quit

-A bunch of times. Has tried vaping, but would vape after cigarettes, so on a constant nicotine buzz. Every time tried to quit because of physical limitations, and cold turkey was really hard, so tried to gradually cut down, but then would fall back into old habits.

-Tried twice, first time for a week when 19 or 20, ended up bumming 2 cigarettes a day and cried all the time mean to people as well, didn’t go well. Tried a second time after wisdom teeth came out, couldn’t smoke anyways. But then was around a lot of family and started again.

Any other reasons?

-Social pressure (covered above)

-Oral fixation, misses the sensation, when goes without has physical reactions, headaches and stomachaches

-Hard living with someone who also smokes, always around it.

- Hard to quit because of habits. Live-in boyfriend smokes, parents smoke, best friend smokes.

Would a support buddy help quit?

-Maybe if they were already a good friend, so they could attempt to quit together

-Definitely, sometimes friends try and quit, but then they’ll end up breaking and buying cigarettes. When friends are trying to quit, he is motivated to quit too

-Yes, especially if they lived with her, social support

-Yeah, if it was someone you saw a lot. Like on a daily basis. It’s not enough to talk on the phone once a week and mention it.

Would it be easier if it were a game?

-Yeah, a big part of quitting is finding something to replace it with

-Reward system would help, because already uses cigarettes as a reward, so being reminded that you’re hurting yourself, worst part of quitting is there is no reward, quitting for kids or something like that would be good rewards

-Yes, like the fitbit model. Love getting badges, being able to share to Facebook

-(had model explained to them), As long as the other person is involved too, same level of enthusiasm. Very competitive so would benefit them. As long as it’s the right person. Stranger might be less motivating than friend, but could also work.

Do you think technology will have a role?

-Yes, people are as addicted to their smartphones as their cigarettes. Smartphones are more socially acceptable as an addiction though.

-could introduce a younger age to quitting smoking. People use phones all the time while smoking.

-Definitely. Technology has vast possibilities.

-A leading question, but sure.

Do you have experience with smartphone apps related to smoking cessation?

-I haven’t heard of any

-I have not, Never come across anything like it.

-No, didn’t even know there was one.

-Never used one, doesn’t like the idea of our app because it might remind her of smoking when she’s not thinking about it.

Would it be motivating to see your friends curbing their smoking habits?

-Yeah, being surrounded by people trying to quit makes it easier.

-Get competitive when friends are trying to quit together, then if the other person gives in it’s easier to give in yourself. Could go longer with friends though

-Good to see friends quit, or struggle with them. Go through the struggle with another person is helpful, not alone.

-Yeah, seeing people cut down is motivating.

How about competition?

-I would have to try it to know

-Might make for a toxic environment (kind of had trouble understanding what he was getting at)

-I’m competitive, that would be good, congratulating on milestones would be good too

Would a buddy system help?

-Maybe if they were a friend

-A group might be better so if someone cheated there are other people to model good behavior and support a person having a bad day. 3 to 5 people.

Would you pay?

-If it had a good reputation maybe.

-Definitely, I spend so much on cigarettes, they’re so expensive in Washington.

-Yeah, if it actually worked.

-If I had a personal recommendation yeah.