

What observation insights are we seeking?

- Frequency of Smoking and Lasting Time
- Time of Smoking
- Location of Smoking:
- Behaviour Pattern
- Body and Emotional condition: How
- Sign of smoking cessation
- Inhalation Style: Deep or light puffs
- Habitual Motions: note repetitive actions such as playing with the lighter.
- Interaction with Environment

#### Observation 1

Time: 12:15 pm

Location: Smoking area at UQ

Frequency of Smoking and Lasting Time: One cigarette, 7 mins

Behaviour Pattern: Came into the smoking area quickly.

Body and Emotional Condition: Anxious before smoking, seems relaxed after.

Sign of Smoking Cessation: N/A

Inhalation Style: Quick puffs.

Habitual Motions: Constantly flicking ash and constant coughing.

Interaction with Environment: Put away the cigarette by squeezing it on the wall.

#### Observation 2

Time: 2:30 pm

Location: UQ SIR WILLIAM MACGREGOR DR

Frequency of Smoking and Lasting Time: One cigarette, 5 mins

Behaviour Pattern: Smokes with one of his friends and they chat.

Body and Emotional Condition: Social and relaxed.

Sign of Smoking Cessation: N/A

Inhalation Style: Slow and relaxed, smoke while chatting.

Habitual Motions: Passes the lighter.

Interaction with Environment: Smokes in the shade, and leans against one vehicle.

#### Observation 3

Time: 10:00 am

Location: Near the UQ cafe area.

Frequency of Smoking and Lasting Time: Vape multiple times.

Behaviour Pattern: Walking while vaping.

Body and Emotional Condition: It seems to be rushing towards another building.

Sign of Smoking Cessation: N/A

Inhalation Style: Quick, short puffs (vape).

Habitual Motions: Takes the vape out of the pocket, and avoids eye contact with passersby.

Interaction with Environment: N/A

#### Observation 4

Time: 1:00 pm

Location: UQ SIR WILLIAM MACGREGOR DR

Frequency of Smoking and Lasting Time: One cigarette, 5 mins.

Behaviour Pattern: Smoke alone in the vehicle.

Body and Emotional Condition: Appears relaxed, but checks phone regularly.

Sign of Smoking Cessation: He does not cut off before inhaling the entire cigarette.

Inhalation Style: Slow puffs.

Habitual Motions: Taps the ash through the car window.

Interaction with Environment: Uses water from the bottle to put up the cigarette when finished.

#### Observation 5

Time: 4:45 pm

Location: Smoking area at UQ

Frequency of Smoking and Lasting Time: Two cigarettes, about 5 mins in between, each for about 4 mins.

Behaviour Pattern: Smoke alone, and check the phone regularly.

Body and Emotional Condition: A bit skinny.

Sign of Smoking Cessation: N/A

Inhalation Style: Fast, deep puffs.

Habitual Motions: Periodically coughing.

Interaction with Environment: Tapped the cigarette on the surface before lighting it up, seems very proficient in smoking.