

Hello, we are a team of students working on a project to understand the situation of uni student smoking and vaping. Our goal is to come up with effective solutions to help students quit smoking and vaping, under their will of course. This interview is only meant to collect qualitative data to help us identify and understand the problem space, and your data will be completely confidential and only be used in this project. Do you consent to participate in this research? Also, is it okay with you to record our conversation?

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#### Interview 1:

- **How old are you?**
  - I'm 20.
- **Are you in university or between 18-14?**
  - I'm in university.
- **Do you vape?**
  - Yes.
- **Do you smoke cigarettes or vape?**
  - I mostly vape.
- **Where do you smoke?**
  - I usually smoke at home or outside the campus library.
- **How often do you vape?**
  - About 4-5 times a day.
- **What made you start smoking?**
  - All my friends started smoking and they taught me to smoke. After years, it just become a habit.
- **Have you considered quitting? If yes, were you successful?**
  - Yes, I've thought about quitting several times but haven't succeeded.
- **If not, why were you unsuccessful?**
  - I think it's mainly because of stress and the habit. Things became unsuccessful when I started to feel stressed and fatigued again.
- **What causes you to smoke?**
  - Mostly stress and social situations. A lot of my friends smoke, so it's hard to resist when I'm with them.
- **What would motivate you to quit?**

- If I had a strong reason, like a health scare, or if my friends were quitting too, that would motivate me.
- **If there was a system that helped you quit, what features would it need to have?**
  - It would need to help manage cravings, provide distractions, and maybe have a support group or community. I think I need a way to strictly prohibit me from smoking. Like, taking away my cigarettes, you know, if I don't see it in a couple of days, I think it will be easier for me to quit. It's just a more straightforward way to help people quit, but I do not know how to make it happen in a system.
- **Would a prototype that helped you track your smoking help you? If yes/no, why?**
  - Yes, because seeing the actual numbers might make me realize how much I'm actually smoking and motivate me to cut back.
- **Would a social community online help you quit? Why/why not?**
  - Possibly. It would be helpful to connect with others going through the same thing and get support.
- **Have you tried using an application before? If yes, how effective was it?**
  - Yes, I tried one, but it wasn't very effective for me. It didn't offer much in terms of support or motivation.

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Interview 2:

- **How old are you?**
  - I'm 19.
- **Are you in university or between 18-14?**
  - I'm in university.
- **Do you vape?**

- Yes.
- **Do you smoke cigarettes or vape?**
  - I vape most. And I smoke cigarettes from time to time.
- **Where do you smoke?**
  - I usually vape at home. While on campus, I smoke inside the car.
- **How often do you vape?**
  - Multiple times throughout the day, probably every half hour.
- **What made you start smoking?**
  - I started vaping because it seemed less harmful than smoking.
- **Have you considered quitting? If yes, were you successful?**
  - Yes, I've tried a few times. But only resist for a few days.
- **If not, why were you unsuccessful?**
  - I think it's because I already have an addiction on it.
- **What causes you to smoke?**
  - Stress and habit. It's just something I do without thinking now.
- **What would motivate you to quit?**
  - Probably if vaping became less socially acceptable, or if I had a strong support system to help me through it.
- **If there was a system that helped you quit, what features would it need to have?**
  - It should have real-time support, maybe something like a live chat with a counselor, and some way to track progress that's encouraging.
- **Would a prototype that helped you track your smoking help you? If yes/no, why?**
  - Yes, because seeing the data might help me realize the impact and give me a push to reduce or quit.
- **Would a social community online help you quit? Why/why not?**
  - Yes, because having others to talk to who are going through the same thing could be really helpful and motivating.
- **Have you tried using an application before? If yes, how effective was it?**

- Yes, I tried one, but it wasn't very engaging. I lost interest after a few days.

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Interview 3:

- **How old are you?**
  - I'm 22.
- **Are you in university or between 18-14?**
  - I'm in university.
- **Do you vape?**
  - No.
- **Do you smoke cigarettes or vape?**
  - I only smoke cigarettes.
- **Where do you smoke?**
  - I usually smoke outside my dorm or at parties.
- **How often do you vape?**
  - N/A
- **What made you start smoking?**
  - I started in college, mostly because it was a social thing and a way to meet people.
- **Have you considered quitting? If yes, were you successful?**
  - Yes, I've considered it, but I haven't tried seriously.
- **If not, why were you unsuccessful?**
  - I'm not sure if I'm ready to quit. I mean I enjoy it so far.
- **What causes you to smoke?**
  - Relax after a long day of work.
- **What would motivate you to quit?**
  - Probably if I started noticing health issues, or if it became too expensive.

- **If there was a system that helped you quit, what features would it need to have?**
  - It would need to offer stress management techniques, alternatives to smoking, and maybe some rewards for staying smoke-free.
- **Would a prototype that helped you track your smoking help you? If yes/no, why?**
  - Maybe, but I'm not sure. I know how much I smoke, and I don't think seeing the numbers would change much for me.
- **Would a social community online help you quit? Why/why not?**
  - I don't think so. I'm not really into online communities. I prefer to handle things on my own.
- **Have you tried using an application before? If yes, how effective was it?**
  - No, I haven't tried any apps.

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#### Interview 4

- **How old are you?**
  - I'm 21.
- **Are you in university or between 18-24?**
  - I'm in university.
- **Do you vape?**
  - No.
- **Do you smoke cigarettes or vape?**
  - I do both, but not quite often.
- **Where do you smoke?**
  - Mostly at parties or social gatherings.
- **How often do you smoke?**
  - Maybe once or twice a week, depending on social events.

- **What made you start smoking?**
  - I started in my freshman year at university. It was more of a social thing, just to fit in.
- **Have you considered quitting? If yes, were you successful?**
  - No, due to the low frequency it's not a priority for me.
- **If not, why were you unsuccessful?**
  - N/A
- **What causes you to smoke?**
  - Mostly social pressure and wanting to relax in certain situations.
- **What would motivate you to quit?**
  - If I noticed any negative health impacts or if my friends started quitting, I might consider stopping altogether.
- **If there was a system that helped you quit, what features would it need to have?**
  - It should focus on stress relief and social alternatives, maybe offering activities or ways to socialize without smoking.
- **Would a prototype that helped you track your smoking help you? If yes/no, why?**
  - Probably not. I don't smoke enough for tracking to make a big impact.
- **Would a social community online help you quit? Why/why not?**
  - I think it could be helpful for people who smoke more regularly, but for me, it wouldn't make much difference.
- **Have you tried using an application before? If yes, how effective was it?**
  - No, I haven't used any apps related to smoking.

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## Interview 5

- **How old are you?**
  - I'm 24.
- **Are you in university or between 18-24?**
  - I'm not in university anymore. I graduated last year.
- **Do you vape?**
  - Yes.
- **Do you smoke cigarettes or vape?**
  - I vape now, but I started off from smoking cigarettes.
- **Where do you smoke?**
  - I usually vape at home or during breaks at work.
- **How often do you vape?**
  - I vape several times a day, probably every couple of hours.
- **What made you start smoking?**
  - I started smoking cigarettes in high school because I thought it was cool. Then in college, I became a bit addicted to it, especially during pressure times such as final week.
- **Have you considered quitting? If yes, were you successful?**
  - Yes, I've tried to quit a few times, but never success.
- **If not, why were you unsuccessful?**
  - The addiction developed over the years is not possible to be altered within days.
- **What causes you to smoke?**
  - Stress is a big factor, along with the habit of vaping during certain activities like driving or after meals.
- **What would motivate you to quit?**
  - A significant health issue or a strong support system might motivate me to quit.
- **If there was a system that helped you quit, what features would it need to have?**

- It would need to offer personalized advice, maybe based on my habits, and provide alternative activities or products to replace vaping.
- **Would a prototype that helped you track your smoking help you? If yes/no, why?**
  - Yes, seeing the data might help me realize the extent of my habit and push me towards quitting.
- **Would a social community online help you quit? Why/why not?**
  - Yes, I think connecting with others who are trying to quit could be really motivating.
- **Have you tried using an application before? If yes, how effective was it?**
  - Havent tried any before, but I did sign up for a forum of smoking cessation, but it seems not working for me.