

Quit Smoke Interview Question

1. Personal information

Ages: 24 Gender (M/F): M

Occupation: Student

2. Smoking pattern

2.1 How long where you been smoking?

Almost for the past 5 years

2.2 How many cigarette a day?

1 or 2 a day

2.3 Why do you smoke?

To give company to my friends and create social circle

2.4 Do you think about quit smoke? Why and Why not?

No. I don't think one or two is gonna spoil my health and so I never tried to quit

3. What method you prefer to quit smoking?

3.1 What aid you will choose to quit smoke and why?

- None
- Electronic cigarette
- NRT (e.g patches/gum/inhaler)
- Chamix/Chantix (Vareniciline)
- Zyban
- Group, phone, 1-2-1 behavior support
- Quit Smoke Phone app
- Other aid

3.2 Do you think you will success? Why?

3.3 Do you think you will fail? Why?

NA

4. Quitting experience

4.1 What do you think when you make decision to quit that time?

Sometime if I my girlfriend get to know about this habit, I will try to quit for her.

4.2 Did you use any aids to quit smoke? Why

- None
- Electronic cigarette
- NRT (e.g patches/gum/inhaler)
- Chamix/Chantix (Vareniciline)
- Zyban
- Group, phone, 1-2-1 behavior support
- Quit Smoke Phone app

- Other aid
- No.

4.3 What steps do you take to quit smokes?

If I want to quit smoking I will try to stay out of my smoking friends

4.4 How do you feel at the first, in the middle and at the end of quitting time?

I have never quit. For the past 5 years am continuously smoking everyday so I had no chance to understand how it feels when I quit.

4.5 What do you do when cravings come?

Am not getting so much craving to smoke.

4.6 What you will change when you quit again?

Even if I try to quit smoking , if some of my friends come and ask me to give him company for smoking then I cant resist. So I will simply assist them.