

# Quit Smoke Interview Question

## SURVEY 1

### 1. Personal information

Ages: 24    Gender (M/F): M

Occupation: Student

### 2. Smoking pattern

2.1 How long where you been smoking?

Past 3 years

2.2 How many cigarette a day?

3 cigarettes. But can't have a count

2.3 Why do you smoke?

Reduce pressure

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

I have tried multiple times and failed

### 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

- None

3.2 Do you think you will success? Why?

Trying hard but still dint succeed

3.3 Do you think you will fail? Why?

I failed till now. May be I will succeed in the future

### 4. Quitting experience

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

I will take a personal oath not to smoke anymore

4.2 Did you use any aids to quit smoke? Why

- ☐ None
- ☐ Electronic cigarette
- ☐ NRT (e.g patches/gum/inhaler)

- Chamix/Chantix (Varenicline)
- Zyban
- Group, phone, 1-2-1 behavior support
- Quit Smoke Phone app
- Other aid

- Bubble gum

4.2 What steps do you take to quit smoking?

I will chew a gum when I feel like smoking

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

Feels like I cant handle pressure. In between I try to manage with bubble gums and finally I will give up and start smoking

4.4 What do you do when cravings come?

Chew gum.

4.5 What you will change when you quit again?

I will try to improve my self-control .