

## Quit Smoke Interview Question

### 1. Personal information

Ages: 33    Gender (M/F): M

Occupation: Civil engineer

### 2. Smoking pattern

#### 2.1 How long where you been smoking?

I am smoking for 12 years.

#### 2.2 How many cigarette a day?

Between 1 and 2 packets.

#### 2.3 Why do you smoke?

I always smoke when am at work as that makes me feel more energetic and brisk.

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

No. I don't want to quit smoking because that keeps me running through my job

### 3. What method you prefer to quit smoking? (Not Applicable)

#### 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?

### 4. Quitting experience

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

I have never tried to do because its helping me to run through the day

#### 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?

Not Applicable

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

I can't run without smoking

4.5 What do you do when cravings come?

I will smoke simply without a second thought..

4.6 What you will change when you quit again?

Not applicable.