

Quit Smoke Interview Question

1. Personal information

Ages: 50 Gender (M/F): M

Occupation: Retired

2. Smoking pattern

2.1 How long do you smoke?

37 years

2.2 How many cigarette a day?

1, 2

2.3 Why do you smoke?

It is habit, I smoke from 13th year old

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

Yes, I see my life is boring so I want challenge myself

3. If you quit smoke in future

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

I am quitting now, I do not think I need any aid.

3.2 Do you think you will success? Why?

Yes, I might be special case, I am good at self-control. Beyond that, I am stay home do not go to work so it easier to quit.

3.3 Do you think you will fail? Why?

No, I will not fail.

4. Quit experience

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

I think I need to do some think and I do not want to depend on cigarette

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 I do not use any aid.

4.2 What steps do you take to quit smokes?

That make decision to quit. The beginning, When I desire to smoke I eat snack, it help me forget the carvings.

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

The first time I feel confident, in the middle time I feel dizzy so bad, I feel my memory affected too, I am easy to forget thing.

4.4 What do you do when cravings come?

I eat snack.

4.5 What you will change when you quit again?

I think 1, 2 cigarette a day is OK so I will never quit again.