

Quit Smoke Interview Question

1. Personal information

Ages: 28 Gender (M/F): M

Occupation: Software Engineer

2. Smoking pattern

2.1 How long where you been smoking?

I started when I was a senior at the college. Almost 7 years by now.

2.2 How many cigarette a day?

One packet per day(20 sticks). Not exact.

2.3 Why do you smoke?

I feel temporary relief from my office work tension

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

I have never thought about quitting because I know its impossible for me.

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?

4. Quitting experience

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

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

- None- Am not aware of these things so much because I don't trust I these things will quit my habit.

4.2 What steps do you take to quit smokes?

I will not smoke when my wife/children are around me. So I should try to make a confession about my real smoking count (my wife thinks I smoke occasionally)habit so that I will get a pressure from them to quit smoking

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

I will get more craving to smoke

4.4 What do you do when cravings come?

I will drop every work and will go out to have smoke.

4.5 What you will change when you quit again?

I should try to keep myself engaged.