

Supplementary 2

Outcome	Items	Response categories
Smoking (primary outcome)	"Do you smoke?"	<ol style="list-style-type: none"> 1. "Yes, daily" 2. "Yes, I smoke occasionally" 3. "No, I stopped less than six months ago" 4. "No, I stopped more than six months ago" 5. "No, I have never smoked"
	"How much do you approximately smoke each day? / How much did you approximately smoke at the time you smoked?"	Number of cigarettes per day: ____ Number of cheroots per day: ____ Number of cigars per day: ____ Number of pipe stops per day: ____
Alcohol	"Do you drink alcohol?"	<ol style="list-style-type: none"> 1. "Yes" 2. "No, never"
	"How many units of alcohol do you typically drink each day during the week?"	For each day in the week note: Units of beer: Units of wine: Units of liquor:
	"How often do you drink more than five units of alcohol on the same occasion?"	<ol style="list-style-type: none"> 1. "Daily or almost daily" 2. "Weekly" 3. "Monthly" 4. "Rarely" 5. "Never"
Physical activity	"For how many hours during a week do you perform exercise that makes you short of breath (e.g. running, soccer, aerobics, tennis, jogging or similar)?"	<ol style="list-style-type: none"> 1. "0 minutes" 2. "Less than 30 minutes" 3. "30-60 minutes (½-1 hour)" 4. "60-120 minutes (1-2 hours)" 5. "More than 120 minutes (more than 2 hours)"
	"For how many hours during a week do you perform light exercise? / How much time during the week do you spend on everyday exercise (e.g. a walk, easy gardening, cleaning, biking to and from work or similar)?"	<ol style="list-style-type: none"> 1. "0 minutes" 2. "Less than 30 minutes" 3. "30-60 minutes (½-1 hour)" 4. "60-90 minutes (1-1½ hours)" 5. "90-150 minutes (1½-2½ hours)" 6. "150-300 minutes (2½-5 hours)" 7. "More than 300 minutes (more than 5 hours)"
BMI	BMI is generated from these two items: "What is your height? (in centimetres)" "What is your weight? (in kilos)"	$BMI = \frac{\text{weight in kilos}}{(\text{height in metres})^2}$