

STable 1 Examples of information for cognitive behavioral smoking cessation app program

Phase	Examples of types of information
Preparation phase (Pre-quit, wk 1)	<p>Motivational content: reinforces individual's commitment to quit by explaining the harms of smoking and health benefits of cessation; list all reasons for quitting, and then circle the main reason to quit smoking; list all reasons for continuing to smoke and refute it of them; strengthen the determination of quitting smoking; strengthen self-confidence in their ability to quit smoking; find a quitting buddy; encouragement and reinforcement of seeking support from friends and family, routinely sharing their progress and talking to others about smoking cessation journey; share quit oath and quit agreement.</p> <p>Making a detailed plan: select and set a quit date; inform family and close friends and ask for their support; identify high-risk situations, triggers (e.g. holidays, weekends, smoking friends, alcohol drinking, and social activities), and alternatives to cope with or avoid these situations; identify social support resources; plan to reward yourself for achieving either short-term or long-term smoking cessation goals; raise your awareness of smoking behavior by closely monitoring and recording these behaviors (when, where, mood, situation of smoking); and educating yourself about how to avoid or deal with nicotine withdrawal symptoms.</p> <p>Physical environment preparation: removing cigarettes and objects related to smoking. destroy the evidence of smoking; change daily routines; avoid any places related to smoking; strategies for facing the temptation of smoking; check your progress; repeatedly reduce excess smoking; reward yourself; break old habits and build new habits; cope with stress; assess your current coping skills; address concern about weight gain and strategies for avoiding too much weight gain; continue reward yourself; discover activities that make you feel healthy and happy; make the last preparations before quitting.</p> <p>Mental preparation: for example, debunking myths such as “smoking should be OK as long as I engage in other healthy behaviors” or “my grandfather is a smoker too, and he started smoking when he was young.” “smoking can reduce my stress or increase my ability of performance.” “smoking only causes lung cancer.”; messages that promote self-motivation, self-confidence; identify benefits and reasons to quit and stay smoke free. self-</p>

	<p>monitor of smoking behaviors and analyze those behaviors; understand why is it difficult to quit smoking; understand nicotine addiction; understand how to cope with common withdrawal symptoms and when they are expected to appear in advance; repeatedly reminder your main reason for quitting; change your way of thinking about smoking.</p> <p>Relaxation practice: deep breath, muscle relaxation, music, et al.</p>
On quit date	<p>Coping strategies: psychological and behavioral preparation for abstinence, such as keep your hands busy, drink a lot of water, use your imagination, practice deep breath and muscle relaxation, avoid drinking alcohol, have a good night's sleep. Divide goals into short-term and long-term goals, meet each short-term quit goal.</p> <p>Enhancement of motivation: make a quit smoking ceremony and sign no-smoking behavioral contracts; celebrate successes and reinforce commitment to quit; reward yourself.</p>
Quit phase (Post-quit date, wks 1-6) & Maintenance phase (post-quit, wks 7-26)	<p>Coping strategies: reminders of reasons, especially the main reason, for quitting; engage in other healthy and enjoyable activities; reward yourself; learn new copy strategies, assess your toolbox of coping strategies; continue relaxation practice; practice the newly learned coping skills.</p> <p>Short-term common withdrawal symptoms: know that your body is repairing; introduction of common withdrawal symptoms, such as cough, mood change, headache, constipation, sleep problems; information about timeline of withdrawal symptoms. self-assessment of common withdrawal symptoms; strategies for physical withdrawal symptoms; psychological and behavioral support for depression, anxiety and stress; coping strategies for sleep problems after quitting smoking.</p> <p>Long-term withdrawal symptoms--craving and weight gain: smoking craving assessment and coping strategies for craving; introduction of the relationship between smoking, quitting and weight; introduction of nutrition and appetite when quitting; explain why diet is not recommended during early stage of quitting; advices on weight concerns; when to start a weight loss program; how to manage weight.</p> <p>Keep motivated: find new ways to keep your motivation to stay quit; keep reward yourself; reminder your commitment to quit smoking; make a plan to celebrate each milestone achieved, perceive yourself as a nonsmoker; set short-term goals; positively reminder any achievements; celebrate each</p>

achieved goal; recognize any gains in health, reinforce messages about benefits of quitting.

Relapse prevention: strategies for preventing relapse; identify and respond to any high-risk situations; continue to deal with cravings and weight gain; identify and handle relapse triggers; address setbacks and mistakes; challenge "rationalization"; reward yourself regularly, resist loneliness and fear of failure; resist the loss of identity; set short-term and long-term goals; review your success; find more happiness in your life; assess new coping skills; prepare and anticipate high-risk situations; maintain your new identity as a nonsmoker; strategies for prevent lapse, deal with lapse; strategies for long-term abstinence; assess your mental and physical changes after quitting smoking regularly. Evaluate your self-confidence in quitting for good; deal with relapse, such as information about how successfully quitting smoking may require several attempts, but is achievable; learn lessons from an unsuccessful attempt and prepare to overcome them; encourage them to prepare for quitting again if relapsed.

Note: wk=week