

Appendix A

| No. | Label | Definition | Quotes from SFR program* |
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| 1.1 | Goal setting (behaviours) | Set or agree on a goal defined in terms of the behaviour to be achieved | <p>Congratulation (name) on deciding to become an ex-smoker! We suggest you choose a date within the next week on which you will begin your new smoke free life. While you are in hospital is also a great time to quit as you will be away from your usual triggers (or things that make you want to smoke) and you will also have easy access to the help staff can provide.</p> <p>On what day do you plan to stop-smoking? Please pick a date on the calendar provided.</p> |
| 1.2 | Problem solving | Analyse, or prompt the person to analyse, factors influencing the behaviour and generate or select strategies that include overcoming barriers and/or increasing facilitators (includes ' <u>Relapse Prevention</u> ' and ' <u>Coping Planning</u> ') | <p><i>Module: Avoid relapse</i></p> <p>Based on the options you have chosen, here are some tips on how to deal with your triggers while recovering from surgery.</p> |
| 1.4 | Action planning | Prompt detailed planning of performance of the behaviour (must include at least one of context, frequency, duration and intensity). Context may be environmental (physical or social) or internal (physical, emotional or cognitive) (includes ' <u>Implementation Intentions</u> ') | <p>How do you plan to quit? Abrupt Vs. Gradual quitting? Please select from the options below to plan your quit attempt.</p> <p><i>Users are provided with a choice between the two to make, and a plan is developed based on their choice</i></p> |
| 2.3 | Self-monitoring of behaviour | Establish a method for the person to monitor and record their behaviour(s) as part of a behaviour change strategy | <p><i>Individuals were given the ability to track their progress using the quit log, where they could record the number of cigarettes they had smoked on each day and see how many they had smoked on previous days.</i></p> |

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| 2.5 | Monitoring outcome(s) of behaviour by others without feedback | Observe or record outcomes of behaviour with the person's knowledge as part of a behaviour change strategy | Roughly how many cigarettes do you smoke a day? How much do you spend on a packet of cigarettes? <i>Information received is used for tailoring information received by users. Individuals are not represented information about the figures they provide.</i> |
| 3.1 | Social support (unspecified) | Advise on, arrange or provide social support (e.g. from friends, relatives, colleagues, ' buddies' or staff) or non-contingent praise or reward for performance of the behaviour. It includes encouragement and counselling, but only when it is directed at the behaviour | Overcoming triggers, try "Talking on the phone to a friend or quit buddy or support person". Find a quit buddy or a support person- this is a person who can help you through your quit attempt. This may be a non-smoker or another friend who is trying to quit. |
| 4.2 | Information about antecedents | Provide information about antecedents (e.g. social and environmental situations and events, emotions, cognitions) that reliably predict performance of the behaviour | The best way to deal with trigger is to figure out something else to do with you time. This may mean changing your morning routine so that you shower before your first cigarette, keeping a nicotine inhaler (stop-smoking medication) by the phone to use rather than smoking, washing up after a meal or using a stress ball when you are angry or annoyed. Use the next few pages to help you identify your triggers. |

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| 5.1 | Information about health consequences | Provide information (e.g. written, verbal, visual) about health consequences of performing the behaviour | <p>What's in a cigarette? Cigarettes contain over 4000 identified chemicals. These chemicals affect your body's ability to carry oxygen and nutrients around your body, ultimately making your recovery from surgery longer. The purposes of the extra chemicals in cigarettes are to:</p> <ul style="list-style-type: none"> ○ Improve the manufacturing of tobacco products ○ Increase the shelf life ○ Control the rate tobacco burns ○ Speed up the delivery of nicotine to the brain ○ Improve the flavour and reduce the harsh taste <p><i>Recovering from surgery; video of a surgeon outlining the impact of continuing to smoke on recovery from surgery.</i></p> |
| 5.6 | Information about emotional consequences | Provide information (e.g. written, verbal, visual) about emotional consequences of performing the behaviour | <p>Are you losing motivation or confidence to quit? Losing some confidence during the quitting process is normal. Remind yourself why you wanted to quit smoking to begin with and know that you can be smoke-free! Remember- A slip does not mean a failure. If you slip up, it is a good time to review your quit smoking plan to decrease the risk of other slip-ups. The quicker you get back on your quit journey, the easier it will be for you to be a non-smoker.</p> |
| 8.2 | Behaviour substitution | Prompt substitution of the unwanted behaviour with a wanted or neutral behaviour | <p>Instead of smoking table.</p> <p><i>This table provides suggestions of things to do rather than smoking.</i></p> |
| 9.1 | Credible source | Present verbal or visual communication from a credible source in favour of or against the behaviour | <p><i>Films included in the program are orthopaedic trauma surgeons, clinical psychologists or pharmacists providing advice, information or support.</i></p> |

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| 9.2 | Pros and cons | Advise the person to identify and compare reasons for wanting (pros) and not wanting to (cons) change the behaviour (includes ' <u>Decisional balance</u> ') | On the following page you will be presented with a table to help you decide if you want to quit smoking or not. Click on the spaces in the table and try and think of some other reasons why you may or may not want to quit based on what you have previously read. |
| 10.4 | Social reward | Arrange verbal or non-verbal reward if and only if there has been effort and/or progress in performing the behaviour (includes ' <u>Positive reinforcement</u> ') | Congratulations! You are on your <number> day smoke-free! |
| 10.7 | Self-incentive | Plan to reward self in future if and only if there has been effort and/or progress in performing the behaviour | Consider other ways of rewarding yourself so that you change your reward pathways. You could treat yourself with the money you have saved by not buying cigarettes. You may want to save your money to buy yourself something big, like a new motorbike or a boat. Or you might want to get yourself something small like a new magazine or a new X-box game. |
| 11.1 | Pharmacological support | Provide, or encourage the use of or adherence to, drugs to facilitate behaviour change | When asking "Should I quit now?" the answer is "YES!" Stop-smoking medication+ professional advice = the best way to quit smoking. Ask your nurse for some stop-smoking medication. <i>Video include prompts to ask your medical staff for stop smoking medication, as well as information on how to use it.</i> |
| 11.2 | Reduce negative emotions | Advise on ways of reducing negative emotions to facilitate performance of the behaviour (includes ' <u>Stress Management</u> ') | Smoking when you are stressed or worried: Many people say that they like to smoke when they are stressed. Smoking might provide a sense of relief but it actually causes more stress and can contribute to mental health problems such as anxiety or depression in the long term. By stopping smoking you will feel less stress in no time. |

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| 12.4 | Distraction | Advise or arrange to use an alternative focus for attention to avoid triggers for unwanted behaviour | Below is how you plan to deal with your triggers. Can you think of anymore? If so add them to the table below. <i>Users are provided with a table of pre-identified plans for dealing with triggers.</i> |
| 13.1 | Identification of self as role model | Inform that one's own behaviour may be an example to others | What's more, quitting smoking sets a good example - so children are much less likely to smoke themselves |
| 13.5 | Identity associated with changed behaviour | Advise the person to construct a new self-identity as someone who 'used to engage with the unwanted behaviour' | Think of yourself as a new person, a person who is a non-smoker. |
| 15.1 | Verbal persuasion about capability | Tell the person that they can successfully perform the wanted behaviour, arguing against self-doubts and asserting that they can and will succeed | I fear failing my quit attempt: Quitting smoking is about learning a new skill. Just like learning to ride a motorbike it will take practice and maybe even several attempts. The more you practice being a non-smoker, the more likely you are to become smoke-free. A smoking relapse is an important learning step on your smoke-free journey. The most important thing is to keep practicing being a non-smoker. If you relapse and smoke even part of a cigarette, the important thing is to try and quit again. |

* Italicised sections are descriptions of feedback provided by the programme, not direct quotes from the programme.