**Smoking cessation subjects in Beijing communities were isolated at home during the COVID-19 pandemic-—Study on the influence of smoking behaviour and willingness to quit smoking**

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**Investigation on the impact of home self-isolation of novel coronavirus pneumonia on the psychology and smoking cessation behavior of smokers**

Questionnaire number：

【1】Name：

【2】phone number：

【3】For the past half a month, how long did you stay at home every day?：

A. Almost all day

B. 80%-90% of the time

C. 50%-80% of the time

D. Less than 50% of the time

【4】Which of the following words can describe your psychological feelings brought by the recent epidemic? (You can choose more than one)

A. Doubt

B. Anxiety

C. Panic

D. Depression

E. Calm

F. Almost as usual

【5】Currently, have you completely quit smoking successfully?

A. Yes (If you choose A, please skip to question 6)

B. No (If you choose B, please skip to question 7)

【6】Although you have quit smoking, do you have the idea of wanting to smoke again (that is, relapse) because of the epidemic?

A. Yes

B. No (the investigation ends here)

【7】Daily smoking amount \_\_\_\_\_\_

【8】Please answer the following questions based on your smoking situation in the past six months

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 8.1 How long do you smoke the first cigarette after you wake up in the morning | >60 minutes | 31-60 minutes | 6-30 minutes | ≤5 minutes |
| 8.2 Do you find it difficult to control the need for smoking in many non-smoking places? | No | Yes |  |  |
| 8.3Which cigarette do you least want to give up? | other time | First in the morning |  |  |
| 8.4 How much do you smoke every day? | ≤10 | 11-20 | 21-30 | ≥31 |
| 8.5 Do you smoke the most in the first hour after waking up in the morning? | No | Yes |  |  |
| 8.6 Will you still smoke if you are sick in bed? | No | Yes |  |  |

【9】If you are still smoking, the main reasons for your smoking behavior are (You can choose more than one):

A. Refreshing

B. Relieve sorrow

C. Leisure time

D. Social entertainment

E. Imitate curiosity

F. Elder influence

G. Relieve stress

H. Other, please specify \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

【10】Are you willing to quit smoking?

A. Yes (continue to the next question)

B. No (if B is selected, the investigation ends here)

【11】Assessment of willingness to quit smoking

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Serial number | Problem Description | Very much in line | More consistent | General | Relatively inconsistent | Very inconsistent |
| 11.1 | I am willing to quit smoking. |  |  |  |  |  |
| 11.2 | If I try my best, I will be able to quit smoking successfully. |  |  |  |  |  |
| 11.3 | For me, reaching the goal of quitting smoking is easy. |  |  |  |  |  |
| 11.4 | I am confident that I can effectively cope with any uncomfortable symptoms caused by quitting smoking. |  |  |  |  |  |
| 11.5 | I can calmly face the difficulty of quitting smoking because I trust myself. |  |  |  |  |  |
| 11.6 | When faced with the irritability, distress, and discomfort caused by quitting smoking, I can find a suitable way to solve it. |  |  |  |  |  |
| 11.7 | Even if I feel very depressed and sad, it will not stop me from quitting. |  |  |  |  |  |
| 11.8 | Even if I am very anxious, fidgeting, it cannot change my decision to quit smoking. |  |  |  |  |  |
| 11.9 | No matter how difficult it is, once I quit smoking, I will never allow myself to smoke again. |  |  |  |  |  |
| 11.10 | I will not let anyone or anything block my way to quit smoking. |  |  |  |  |  |

Thank you for your participation and support!

Investigator：