**Participant Flow**

**Enrolment**

Assessed for eligibility (n=147)

Lost to 6 months follow-up

Discontinued intervention because:

relapsed n = 3

no reason given n = 1

Lost to 6 months follow-up

Moved away n = 1

Discontinued intervention because:

relapsed n = 3

no reasons given n = 6

Completers analyses (n=15):

Excluded from analysis (lost to follow up n= 4)

ItT analyses (n=19):

None excluded from analysis

Completers analyses (n=15)

Excluded from analysis (lost to follow up n=10)

ItT analyses (n=25)

None excluded from analysis

**Follow-up**

**Allocation**

Allocated to comparator

n = 19

Allocated to experimental

as app-users

n = 25

Excluded (n = 5):

 Dropped out intervention (n=5)

Excluded (n = 98):

 Declined to participate (n = 49)

 Agreed to participate but never

 started (9)

 Did not respond to call (n= 40)

**Analysis**

Quit day / Randomized (n=44)

Smoking cessation intervention (n = 49)

**Baseline Characteristics**

Table 1. Participant characteristics

|  |  |  |  |
| --- | --- | --- | --- |
|  | All | Experimental | Comparator |
|  | N | Mean | SD | N | Mean | SD | N | Mean | SD |
| Age | 41 | 38.24 | 10.44 | 23 | 38.91 | 10.904 | 18 | 37.39 | 10.059 |
| Salary | 40 | 30325 | 10473.75 | 24 | 29875 | 9882.19 | 16 | 31000 | 11.604.60 |
| Height | 42 | 173.9 | 7.64 | 24 | 174.54 | 7.978 | 18 | 173.06 | 7.296 |
| Weight | 43 | 77.3 | 13.91 | 25 | 77.08 | 11.811 | 18 | 77.61 | 16.769 |
|  | Frequencies |
| Pharma-cological support | Used | Not used | Used | Not used | Used | Not used |
| 29 (65.9%) | 15 (34.1%) | 16 (64%) | 9 (36.0%) | 13 (68.4%) | 6 (31.6%) |
| Gender | Male | Female | Male | Female | Male | Female |
| 25 (56.8%) | 19 (43.2%) | 15 (60%) | 10 (40%) | 10 (52.6%) | 9 (47.4%) |

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| Table 2. Descriptive measures during all sessions by group. |
| Measures | All | Experimental | Comparator |
| N | Mean | SD | N | Mean | SD | N | Mean | SD |
| Session 1 (baseline) |
| Smoking behavior 7days | 41 | 15.35 | 7.30 | 22 | 14.87 | 8.69 | 19 | 15.9048 | 5.44 |
| Session 2 |
| Smoking behavior 7days | 38 | 11.08 | 4.41 | 19 | 11.42 | 5.07 | 19 | 10.75 | 3.73 |
| Session 3 |
| Smoking behavior 7days | 37 | 8.96 | 4.19 | 19 | 9.35 | 4.27 | 18 | 8.55 | 4.18 |
| CCM | 37 | 3.60 | 1.34 | 19 | 3.39 | 1.48 | 18 | 3.82 | 1.17 |
| Session 4 |
| Smoking behavior 7days | 32 | 8.45 | 4.19 | 17 | 8.18 | 4.16 | 15 | 8.77 | 4.35 |
| Note: CCM: Power of control on manage cravings |

**Outcome measures**

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| Table 3. Frequencies and percentages of successful quitters during the 6-month follow-up period by group for ItT and completers |
| Measurement Time Point | Group | Intention to treat | Completers |
| Non-abstinentN (%) | AbstinentN (%) | TotalN (%) | Non-abstinentN (%) | AbstinentN (%) | TotalN (%) |
| 1 week | Experimental | 6 (24%) | 19 (76%) | 25(100%) | 6 (24%) | 19 (76%) | 25 (100%) |
| Comparator  | 9 (47.4%) | 10 (52.6%) | 19 (100%) | 9 (47.4%) | 10 (52.6%) | 19 (100%) |
| Total | 15 (34.1%) | 29 (65.9%) | 44 (100%) | 15 (34.1%) | 29 (65.9%) | 44 (100%) |
| 2 weeks | Experimental | 1144.0% | 1456.0% | 25100.0% | 733.3% | 1466.7% | 21100.0% |
| Comparator  | 947.4% | 1052.6% | 19100.0% | 844.4% | 1055.6% | 18100.0% |
| Total | 2045.5% | 2454.5% | 44100.0% | 1538.5% | 2461.5% | 39100.0% |
| 3 weeks | Experimental | 832.0% | 1768.0% | 25100.0% | 626.1% | 1773.9% | 23100.0% |
| Comparator  | 631.6% | 1368.4% | 19100.0% | 527.8% | 1372.2% | 18100.0% |
| Total | 1431.8% | 3068.2% | 44100.0% | 1126.8% | 3073.2% | 41100.0% |
| 4 weeks | Experimental | 936.0% | 1664.0% | 25100.0% | 627.3% | 1672.7% | 22100.0% |
| Comparator  | 631.6% | 1368.4% | 19100.0% | 631.6% | 1368.4% | 19100.0% |
| Total | 1534.1% | 2965.9% | 44100.0% | 1229.3% | 2970.7% | 41100.0% |
| 8 weeks | Experimental | 1352.0% | 1248.0% | 25100.0% | 736.8% | 1263.2% | 19100.0% |
| Comparator  | 736.8% | 1263.2% | 19100.0% | 425.0% | 1275.0% | 16100.0% |
| Total | 2045.5% | 2454.5% | 44100.0% | 1131.4% | 2468.6% | 35100.0% |
| 12 weeks | Experimental | 1976.0% | 624.0% | 25100.0% | 1164.7% | 635.3% | 17100.0% |
| Comparator  | 1052.6% | 947.4% | 19100.0% | 640.0% | 960.0% | 15100.0% |
| Total | 2965.9% | 1534.1% | 44100.0% | 1753.1% | 1546.9% | 32100.0% |
| 24 weeks | Experimental | 1664.0% | 936.0% | 25100.0% | 640.0% | 960.0% | 15100.0% |
| Comparator  | 1263.2% | 736.8% | 19100.0% | 853.3% | 746.7% | 15100.0% |
| Total | 2863.6% | 1636.4% | 44100.0% | 1446.7% | 1653.3% | 30100.0% |

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| Table 4. Frequencies and percentages of successful quitters at the 6-month follow-up time point by group and use of pharmacological support for ItT and completers |
|  | Intention to treat | Completers |
| Use of pharmacological support | Yes | No | Yes | No |
| Experimental Group | Non-abstinent N (%) | 12 (75%) | 4 (44.4%) | 5 (55.6%) | 1 (16.7%) |
| Abstinent N (%) | 4 (25%) | 5 (55.6%) | 4 (44.4%) | 5 (83.3%) |
| Comparator Group | Non-abstinent N (%) | 7 (53.8%) | 5 (83.3%) | 3 (33.3%) | 5 (83.3%) |
| Abstinent N (%) | 6 (46.2%) | 1 (16.7%) | 6 (66.7%) | 1 (16.7%) |

Table 5. Means and SD for awareness efficacy (AEF) for all follow-up time points by group

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| --- | --- | --- | --- |
| Follow up time point  | Group | Mean | SD |
| 1 week after | Comparator  | 9.21 | .91 |
| Experimental | 8.92 | 1.35 |
| 2 weeks after | Comparator | 9.00 | 1.08 |
| Experimental | 9.25 | 1.11 |
| 3 weeks after | Comparator | 8.79 | 1.31 |
| Experimental | 9.04 | 1.33 |
| 4 weeks after | Comparator | 9.11 | 1.24 |
| Experimental | 8.95 | 1.78 |
| 8 weeks after | Comparator | 9.25 | 1.00 |
| Experimental | 8.68 | 2.13 |
| 12 weeks after | Comparator | 9.06 | 1.27 |
| Experimental | 9.00 | 1.77 |
| 24 weeks after | Comparator | 9.07 | 1.87 |
| Experimental | 7.80 | 3.05 |

Table 6. Means and SD of manage cravings efficacy (MCEF) for all follow up time points by group

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| --- | --- | --- | --- |
| Follow up time point  | Group | Mean | SD |
| 1 week after | Comparator  | 8.05 | 1.84 |
| Experimental | 8.48 | 1.98 |
| 2 weeks after | Comparator | 8.50 | 1.82 |
| Experimental | 8.20 | 2.04 |
| 3 weeks after | Comparator | 8.74 | 1.40 |
| Experimental | 8.43 | 2.40 |
| 4 weeks after | Comparator | 8.42 | 1.64 |
| Experimental | 8.45 | 2.19 |
| 8 weeks after | Comparator | 8.06 | 2.59 |
| Experimental | 8.05 | 3.20 |
| 12 weeks after | Comparator | 7.93 | 2.89 |
| Experimental | 6.80 | 3.23 |
| 24 weeks after | Comparator | 6.07 | 4.14 |
| Experimental | 7.07 | 3.53 |

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| Table 7. Means and SD for power of control to manage cravings (CCM) for all time points by group |
| Follow up time point  | Group | Mean | SD |
| Session 1 | Control  | 3.17 | 1.04 |
| Experimental | 3.28 | 1.42 |
| Session 3  | Control | 3.82 | 1.17 |
| Experimental | 3.39 | 1.48 |
| Day 3 after quit | Control | 4.19 | 1.39 |
| Experimental | 4.51 | 1.30 |
| 4 weeks after | Control | 4.63 | 1.39 |
| Experimental | 4.32 | 1.57 |
| 12 weeks after | Control | 4.73 | 1.76 |
| Experimental | 3.98 | 2.06 |
| 24 weeks after | Control | 4.87 | 2.07 |
| Experimental | 4.03 | 2.17 |

**Adverse events**

There were no adverse events associated with this trial.