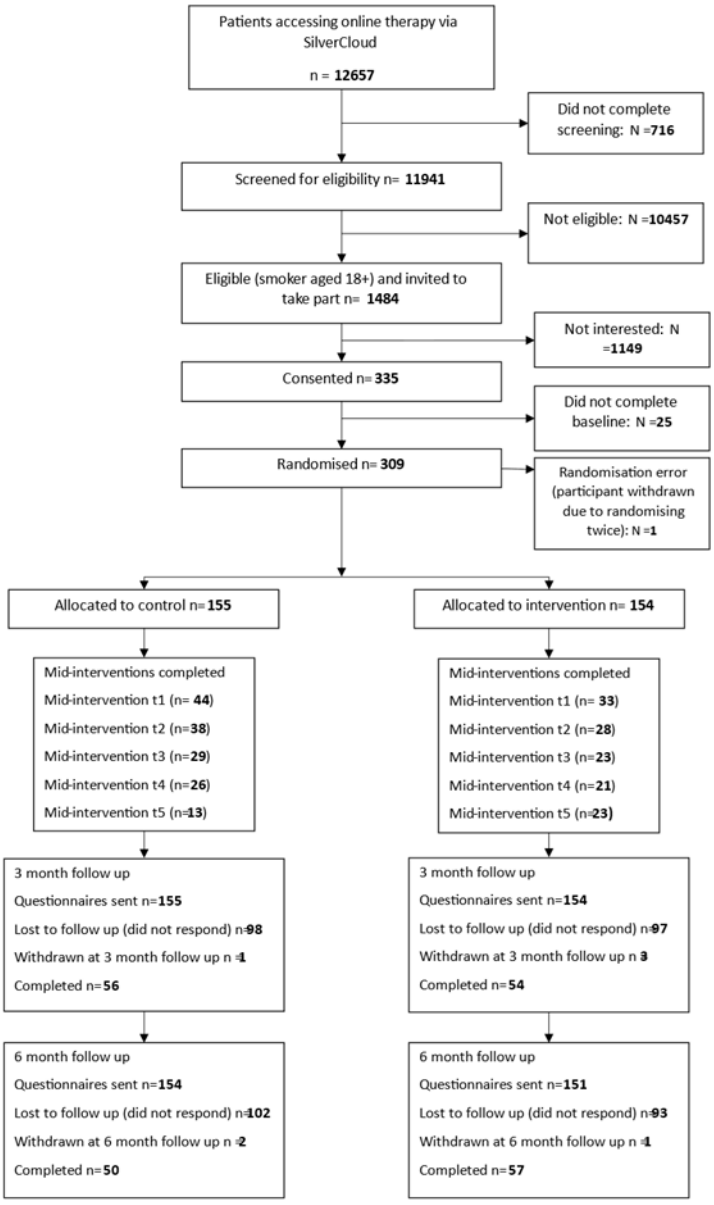
Participant Flow



Baseline - participants randomised to the intervention/ control trial arms.

Baseline characteristic		Intervention n=154	Control n=155
Age		38 (12.0)	37 (11.0)
Number of cigarettes per day		14.3 (7.8)	13.4(7.9)
Gender			
Male		61 (39%)	59 (38%)
Female		92 (59%)	96 (62%)
Gender – Other		2 (2%)	0 (0%)
Education			
Higher education or equivalent (e.g., university)		44 (29%)	41 (27%)
A level or equivalent (e.g., school exams age 18)		34 (22%)	39 (25%)
GCSE grade A*-C or equivalent (e.g., school exams age 16)		58 (38%)	48 (31%)
Qualifications at level ≤1 (e.g., essential work-based skills)		4 (3%)	12 (8%)
Other qualifications: level unknown		4 (3%)	6 (4%)
No qualifications		10 (7%)	9 (6%)
Ethnicity			
White		148 (96%)	146 (94%)
Other		6 (4%)	9 (6%)
Heaviness of Smoking Index (HSI)			
Low (0-2)		67 (44%)	75 (48%)
Med (3-4)		73 (47%)	70 (45%)
High (5-6)		14 (9%)	10 (7%)
Quit attempt (for at least 24 hours) in the last 12 months			
Yes		68 (44%)	63 (42%)
No		86 (48%)	92 (52%)
Current use of stop smoking medication or e-cigarettes			
Yes		25 (16%)	21 (14%)
No		129 (84%)	134 (86%)
Previous use of stop smoking medication or e-cigarettes	**Yes**	103 (67%)	90 (58%)
	No	51 (34%)	65 (42%)
Primary reason for referral			
Depressive disorders		81 (55%)	80 (54%)
Anxiety disorders i		61 (42%)	66 (45%)
Other		5 (3%)	1 (1%)
Co-morbidities			
Asthma		16/150 (11%)	11/154 (7%)
Diabetes		7/150 (5%)	9/154 (6%)
Hypertension		5/150 (3%)	3/154 (2%)
PHQ-9		15.2 (5.7)	14.5 (5.7)
GAD-7		12.9 (4.8)	13.3 (4.8)
EQVAS		55.7 (21.0)	57.7 (19.3)

Data are n (%) or mean (SD). Ethnicity categories are collapsed due to small numbers.

Trial and intervention feasibility based on the prespecified progression criteria

Progression criteria	Result	Progression status
Proportion of eligible clients who enrol in trial	309/1484 (21%)	Green (No change to protocol needed)
Recruitment compared with target	309/500 (62%)	Amber (Protocol changes may be needed)
Data completeness of pilot clinical outcomes *Abstinence reported at 3 months* *Abstinence reported at 6 months* *Mental health reported at 3 months* *Mental health reported at 6 months* *Quality of life reported at 3 months* *Quality of life reported at 6 months*	<30% *87/309 (28%)* *82/309 (27%)* *89/309 (29%)* *83/309 (27%)* *84/309 (28%)* *83/309 (27%)*	Red (Change to protocol needed)
Self-reported quit attempt(s) in intervention group (at least one reported quit attempt).	27/154 (18%)	Green (No change to protocol needed)

Pilot clinical outcomes

	Intervention	Control
Smoking abstinence at 3-months		
Self-reported abstinence	15 (10%)	16 (10%)
No. saliva samples returned	10/15 (67%)	4/14 (29%)
No. samples biochemically validated	9/10 (90%)	3/4 (75%)
Self-reported continued smoking	24 (16%)	34 (22%)
Smoking abstinence at 6-months		
Self-reported abstinence	23 (15%)	12 (8%)
No. Saliva samples returned	5/19 (26%)	6/12 (50%)
No. Samples biochemically validated	3/5 (60%)	4/6 (67%)
Self-reported continued smoking	24 (16%)	27 (17%)
Mental health		
3-month PHQ-9 (n=89)	17.3 (5.7)	19.9 (7.6)
3-month GAD-7 (n=86)	14.1 (5.0)	15.8 (6 .7)
6-month PHQ-9 (n= 83)	17.5 (6.3)	18.3 (7.6)
6-month GAD-7 (n=82)	13.8 (4.8)	15.7 (6.9)
Quality of life		
3-month EQ VAS (n=87)	60.5 (20.7)	57.9 (20.4)
6-month EQ VAS (n= 82)	64.6 (19.4)	58.7 (15.5)

Data are n (%), n/N (%) or M (SD)

Serious Adverse Events

No SAEs to report