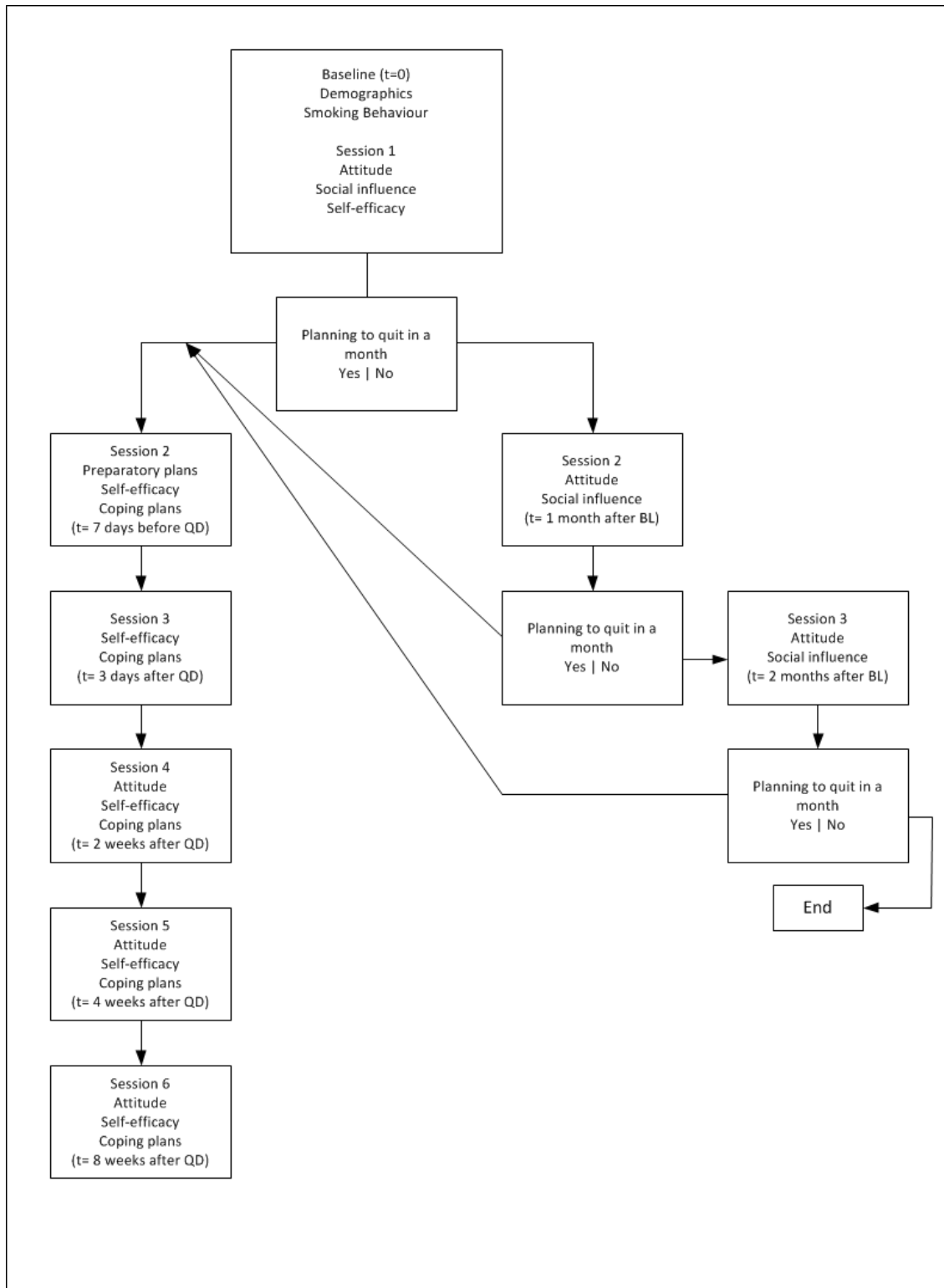


Bijlage Werkblad Steun bij Stoppen 1.0

Bijlage 1: schematische weergave van de Steun Bij Stoppen interventie.



Bijlage 2: Overzicht Veranderingsstrategieën (gedeeltelijk gebaseerd op Abraham and Michie (2008))

Which section	Which BCT used
General introduction	<p>Provide general information on smoking and smoking cessation</p> <p>Personalization by referring to a person's name and gender</p> <p>Provide encouragement to undertake a quit attempt</p>
Behavioral feedback	<p>Provide self-monitoring feedback on the number of cigarettes</p> <p>Provide feedback on performance at baseline and post-tests</p> <p>Prompt self-monitoring</p> <p>Provide encouragement to undertake and maintain a quit attempt and/or to learn from relapse (Route 1) and/or to consider smoking cessation (Route 2, for not immediately motivated smokers)</p> <p>Prompt intention formation</p>
Attitude	<p>Prompt the identification of important consequences of smoking and non-smoking</p> <p>Provide information on the most perceived important consequences</p> <p>Provide self-thinking on how consequence may be achieved by other means</p> <p>Provide instruction</p> <p>Provide modeling information on how others have realized outcomes in different ways</p>
Social influences	<p>Prompt identification of important others for smoking cessation</p> <p>Provide feedback on how others think according to the participant</p> <p>Provide modeling information on how other successfully quit smoking</p> <p>Provide feedback on how support from others can be obtained</p>
Self-efficacy	<p>Prompt barrier identification</p> <p>Provide feedback on the most important barriers</p> <p>Prompt thinking on how barriers may be solved</p> <p>Provide modeling information on how others coped with barriers to quit</p>
Action Planning	<p>Provide instructions for graded identification of plans to prepare quitting</p> <p>Provide instruction on how to cope with barriers for quitting smoking</p> <p>Provide modeling information on how others have dealt successfully with barriers</p> <p>Prompt practicing action plans</p> <p>Prompt relapse prevention</p> <p>Prompt coping with relapse</p>