

Supplementary file

FOCUS GROUP DISCUSSION GUIDE: Group Behavioral Tobacco Cessation Intervention Study

Ground rules

1. The most important rule is that only one person speaks at a time. There may be a temptation to jump in when someone is talking but please wait until they have finished.
2. There are no right or wrong answers
3. You do not have to speak in any particular order
4. When you do have something to say, please do so. There are many of you in the group and it is important that I obtain the views of each of you
5. You do not have to agree with the views of other people in the group

Warm up

- First, I'd like everyone to introduce themselves. Can you tell us your name?

Guiding questions

Week 1:

1. What made you decide to be part of this group tobacco cessation program?
2. What do you expect to receive from this program?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Week 2:

1. What are some of the effects about tobacco use that you know/ or have heard of?
2. What are some of the benefits of quitting tobacco use, according to you?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Week 3:

1. What type of withdrawals have you experienced?
2. How have you coped with the withdrawal symptoms experienced?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Week 4:

1. What are some of the ways you cope with stress?
2. What things/events cause you stress?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Week 5:

1. How would you deal with a friend who was offering you a cigarette?
2. What are some of the situations that increase your tobacco use?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Week 6:

1. What are some of the barriers you have experienced in your cessation attempt?
2. What facilitators do you find work for you, in your cessation attempt?
3. What are some other facilitators that you have used that work for you and are not part of the program?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Week 7, 8, 9:

1. How has your experience been since you started the program?
2. What are the barriers you are experiencing?
3. How are you coping with those barriers?

Of all the things we've discussed today, what would you say are the most important issues you would like to express about today's session?

Conclusion:

- Thank you for participating. This has been a very successful discussion
- Your opinions will be a valuable asset to the study
- We hope you have found the discussion interesting
- I would like to remind you that any comments made in this group will be anonymous

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