1ST SESSION NOTES

What are you expecting to get out of the study / why are you taking part?

Go through smoking diary

Typical day

Why do you think you smoke?

Which cigarettes do you enjoy throughout the day?

Have you tries to quit before?

What were the benefits of quitting?

What was hard about quitting?

What do you think the benefits of reducing will be?

Is there anything that you think will be difficult about reducing?

Importance of reducing 0 – 10   Confidence to reduce 0 – 10

Look at strategies

Set goals to reduce 10-25%

How confident are you at achieving this? 0 – 10

Do you mind if we talk about PA now

What does PA mean to you ?

Is there anything you used to like doing?

Any ideas about how physical activity may help with you reduce the amount you smoke.

Discuss wearing a pedometer

Summarise

Arrange a time to ring next week and explain will need to collect data.