

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Hussam
Ahmed

AGE: 40

DATE: March 7/21

1. At what age did you have your first cigarette?
19
2. Why did you start smoking?
Peer Pressure - Cool
3. Do you regret starting smoking?
Yes
4. Have you ever tried to quit smoking?
Yes
5. If yes, how many attempts have you made to quit?
3
6. If yes, which methods have you used while trying to quit smoking?
Cold Turkey, Vape
7. Were you ever successful in quitting and if so which method was the one that worked?
Yes, Vape
8. If you are currently smoking and trying to quit, which method has been most effective so far?
No
9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?
No
10. What motivates or motivated you to quit smoking?

Daughter

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME:

AGE: 31

DATE:

March 7/21

Derin Cheikh

1. At what age did you have your first cigarette?

14

2. Why did you start smoking?

Peer Pressure

3. Do you regret starting smoking?

No

4. Have you ever tried to quit smoking?

Yes

5. If yes, how many attempts have you made to quit?

2

6. If yes, which methods have you used while trying to quit smoking?

Cold Turkey

7. Were you ever successful in quitting and if so which method was the one that worked?

Yes, cold turkey

8. If you are currently smoking and trying to quit, which method has been most effective so far?

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker? Shortness of breath

10. What motivates or motivated you to quit smoking?

Relationship

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Nicole
Larocque-Baksi

AGE: 28

DATE: March 7/21

1. At what age did you have your first cigarette?

15

2. Why did you start smoking?

Peer Pressure

3. Do you regret starting smoking?

Yes

4. Have you ever tried to quit smoking?

No Yes

5. If yes, how many attempts have you made to quit?

One

6. If yes, which methods have you used while trying to quit smoking?

Cold Turkey

7. Were you ever successful in quitting and if so which method was the one that worked?

Yes, Cold Turkey

8. If you are currently smoking and trying to quit, which method has been most effective so far?

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?

No

10. What motivates or motivated you to quit smoking?

Pregnancy

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Kazem
Jahanshah

AGE: 70

DATE: March 7/21

- ✓ 1. At what age did you have your first cigarette?
25
- ✓ 2. Why did you start smoking?
Coping Mechanism
3. Do you regret starting smoking?
Yes
4. Have you ever tried to quit smoking?
Yes
5. If yes, how many attempts have you made to quit?
20+
6. If yes, which methods have you used while trying to quit smoking?
Cold Turkey
7. Were you ever successful in quitting and if so which method was the one that worked?
Yes, Cold Turkey
8. If you are currently smoking and trying to quit, which method has been most effective so far?
9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?
No
10. What motivates or motivated you to quit smoking?

Back Surgery Recovery

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Kaveh,
Kazemi

AGE: 40

DATE: March 7/21

1. At what age did you have your first cigarette?

13

2. Why did you start smoking?

To be cool - PP

3. Do you regret starting smoking?

Yes

4. Have you ever tried to quit smoking?

Yes

5. If yes, how many attempts have you made to quit?

3

6. If yes, which methods have you used while trying to quit smoking?

Cold Turkey

7. Were you ever successful in quitting and if so which method was the one that worked?

No

8. If you are currently smoking and trying to quit, which method has been most effective so far?

Cold Turkey

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?

No

10. What motivates or motivated you to quit smoking?

No longer convenient
gross

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Harold Orton
Harold

AGE: 63

DATE: March 7, 2021

1. At what age did you have your first cigarette?
14
2. Why did you start smoking?
To be cool
3. Do you regret starting smoking?
Yes
4. Have you ever tried to quit smoking?
Yes
5. If yes, how many attempts have you made to quit?
3
6. If yes, which methods have you used while trying to quit smoking?
Nicorette, cold turkey, cutting down, vape pens,
7. Were you ever successful in quitting?
No
8. If so, which methods were the most effective and helped you quit the most?
cutting down
9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?
not yet
10. What motivates or motivated you to quit smoking?
costs too much money, tired of it

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Lyndee
Free

AGE: 38

DATE: Mar. 7 / 21

1. At what age did you have your first cigarette?

15

2. Why did you start smoking?

Peer Pressure

3. Do you regret starting smoking?

No

4. Have you ever tried to quit smoking?

Yes

5. If yes, how many attempts have you made to quit?

1

6. If yes, which methods have you used while trying to quit smoking?

~~Cold Turkey~~, Cutting down

7. Were you ever successful in quitting and if so which method was the one that worked?

No

8. If you are currently smoking and trying to quit, which method has been most effective so far?

Cutting down

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?

Shortness of Breath

10. What motivates or motivated you to quit smoking?

Smell, gross, health

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Rakit

AGE: 42

DATE: March 7/21

Sanhosh

1. At what age did you have your first cigarette?

17

2. Why did you start smoking?

Peer Pressure

3. Do you regret starting smoking?

Yes

4. Have you ever tried to quit smoking?

Yes

5. If yes, how many attempts have you made to quit?

1

6. If yes, which methods have you used while trying to quit smoking?

Cold Turkey, Cutting down

7. Were you ever successful in quitting and if so which method was the one that worked?

No

8. If you are currently smoking and trying to quit, which method has been most effective so far?

CD

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?

No Chest Pain

10. What motivates or motivated you to quit smoking?

Chest Pain, Health

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Guler
Ezat

AGE: 62

DATE: March 7/21

1. At what age did you have your first cigarette?

16

2. Why did you start smoking?

Husband - PP

3. Do you regret starting smoking?

Yes

4. Have you ever tried to quit smoking?

Yes

5. If yes, how many attempts have you made to quit?

1

6. If yes, which methods have you used while trying to quit smoking?

Cutting down

7. Were you ever successful in quitting and if so which method was the one that worked?

Yes, cutting down

8. If you are currently smoking and trying to quit, which method has been most effective so far?

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?

No

10. What motivates or motivated you to quit smoking?

Relationship

SMOKING: BE SMART, DON'T START! - STUDY SURVEY

NAME: Sarwat
Sarhoosh

AGE: 39

DATE: March 7/21

1. At what age did you have your first cigarette?

19

2. Why did you start smoking?

Peer Pressure

3. Do you regret starting smoking?

Yes

4. Have you ever tried to quit smoking?

Yes

5. If yes, how many attempts have you made to quit?

3

6. If yes, which methods have you used while trying to quit smoking?

Medication, Patches, cutting down, vape, cold

7. Were you ever successful in quitting and if so which method was the one that worked?

Yes, cold turkey

8. If you are currently smoking and trying to quit, which method has been most effective so far?

9. If you are currently smoking, do you have any smoking related health issues or symptoms or if you have quit, did you have any while you were a smoker?

Inflammation Issues (As) Shortness of breath

10. What motivates or motivated you to quit smoking?

health and family.