

Quit Kit

Your Use of the RISE Above Smoking Quit Kit

We provided you with a Quit Kit booklet, and we would like to know how, if at all, you have used it.

How much of the Quit Kit booklet we provided have you read so far?

- ☐ None
- ☐ A little
- ☐ About half
- ☐ Most of it
- ☐ All of it

How thoroughly did you read the information about:

Study visits and timeline

- ☐ Not at all
- ☐ Skimmed
- ☐ Read thoroughly

Nicotine replacement therapy overview, directions for use, and side effects

- ☐ Not at all
- ☐ Skimmed
- ☐ Read thoroughly

Building your quit smoking game plan

- ☐ Not at all
- ☐ Skimmed
- ☐ Read thoroughly

"Tips for Successful Quitting" handout

- ☐ Not at all
- ☐ Skimmed
- ☐ Read thoroughly

Which of the following exercises did you complete?

List your triggers

- ☐ No
- ☐ Not yet, but I plan to
- ☐ Yes

Motivations to quit

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Obstacles to quitting

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Stress management strategies

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Social supports for quitting

- ☐ No
☐ Not yet, but I plan to
☐ Yes

The main points of your quit smoking plan

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Have you used the "Triggers for Smoking worksheet" to document how you will Avoid, Alter, or Substitute?

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Have you done any of the following?

Enrolled in the smokefree.gov text messaging program

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Downloaded and used the quitSTART app on your phone

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Called the quitline for quit counseling (1-800-QuitNow)

- ☐ No
☐ Not yet, but I plan to
☐ Yes

Overall, how helpful has the Quit kit been for you?

- ☐ Not at all
- ☐ A little
- ☐ Moderately
- ☐ Very
- ☐ Extremely

Is there anything that wasn't in the Quit Kit that you wish we had covered?

It would be helpful if you could tell us why you didn't read the Quit Kit: