Smiling Instead of Smoking
How-to Guide!

This guide will familiarize you with the various useful features of the SiS app!
What to Expect

Smiling Instead of Smoking (SiS) is a smartphone app that acts as a behavioral, in-the-pocket coach and uses positive psychology exercises to enhance quitting success.

In a nutshell, our app:
• Provides tailored smoking cessation advice and feedback
• Offers a variety of tools to help you manage your quit attempt, including just-in-time reminders, motivational messages, and tailored suggestions to overcome sabotaging thoughts
• Helps you track your progress – both in terms of smoking and happiness, and
• Engages you in a daily happiness exercise to enhance your overall happiness

Let’s get started!
Downloading the App

Sometimes, your Android or iPhone will ask you to authorize downloading our app by “trusting” the app developer. PreviewLabs, Inc. is the name of the company who developed our app.

For iPhone:
Settings > General > Device Management > PreviewLabs Inc.

For Android:
Verify installation on this screen.
Before you begin, we ask that you agree to let us passively record the ways in which you use our app.

Because we are scientific researchers, it helps to know the different ways in which people use Smiling Instead of Smoking. With this knowledge, we are able to further refine the app to fit the needs of our users.

We will not collect any identifying information like your phone number, name, or location.
Notifications

It is important that you allow SiS to send you notifications.

Receiving notifications will help you to remember to complete all your in-app activities!
Quit Date

First, the app will instruct you to schedule a quit date.

The app will base its activities and prompts around your chosen quit date. You can change this date at any time.
Main Menu

This is the **main interface** of the SiS app.

You can access all features of the app from this menu at any time.
Main Menu

At the top of the menu is your **quit status**. This tells you how long it has been since you quit smoking. This user still has 5 days until they quit smoking.

At any time, you can press this area if you would like to change your quit date.
Main Menu

Your earned **leaves** are at the top right of this menu. Leaves can be earned by completing various in-app activities that support staying smoke-free.
Happiness

Each day, the app will prompt you to complete one Happiness Exercise.

The app will randomly assign you to complete one of five exercises: 3 Good Things, Experiencing Kindness, Savoring, Rose Thorn and Bud, or Reliving Happy Moments.

The Happiness feature can be accessed at any time from the main menu.

Press the green tree icon labeled “Happiness.”
Happiness

The app will first provide instruction on how to complete each exercise, then ask you to fill in your answers.

Here, the exercise to complete is Experiencing Kindness.

The user is able to enter their answer in the box labeled “Enter text.”

Above the exercise, there is an option to view examples of answers for this particular exercise.
Happiness Log

The **Happiness Log** is shown after you complete your daily exercise.

Here, you can see a log of every exercise you’ve completed since you downloaded the SiS app!

On this screen, the user is reviewing their Savoring exercise from May 26th.

Savoring:

🔗 Savored moment: dog-walking in a park with lots of kids playing teeball on a perfect summer day
Behavioral Challenges

Every 2-5 days, the app will prompt you to complete a Behavioral Challenge. Your first behavioral challenge was setting your quit day!

The Behavioral Challenges feature can be accessed at any time from the main menu.

Press the purple user icon labeled “Behavioral Challenges.”
Behavioral Challenges

These challenges involve tasks that help you develop skills to aid you on your quitting journey.

If you complete the exercise, you will receive a badge and leaves (keep reading to learn more about badges!)

If you don’t complete the exercise before the next challenges arrives, you can no longer complete it.
Behavioral Challenges

Once a challenge is completed, the app will tell you when you will need to complete your next behavioral challenge.

For example, this user’s next challenge will take place in three days.

After completing a challenge, you will receive a badge. Badges can be accessed from the Treasure Chest menu. Continue reading this guide to learn more about badges!

You will receive **16 behavioral challenges** during your **7-week usage** of the app.
Cigarette Log

If you smoke a cigarette, you should log your usage in the app. This way, the app will be able to track your behavior patterns related to smoking.

The **Cigarette Log** feature can be accessed at any time from the main menu.

Press the pink cigarette box icon labeled **“Cigarette Log.”**
SHORTCUT: Cigarettes can also be quickly logged by pressing the blue cigarette and plus-sign icon at the bottom right corner of your screen.
Cigarette Log

Within the Cigarette Log, you are able to review your smoking patterns from past dates.

To log a new cigarette, press the blue cigarette and plus-sign icon at the bottom right corner of your screen.
Cigarette Log

When logging a new cigarette, the app will first ask **how many** cigarettes you smoked on this occasion.

Use the + and – arrows to select a number.

When finished, press “**Add Reason.**”
Then, the app will ask for the reason that you smoked on this particular occasion.

Scroll up and down the list of smoking reasons and select a reason for smoking on this particular occasion.

For example, this user smoked to take a break.

Press the reason that you have chosen.

Press “Confirm” to continue.
Cigarette Log

Each time you add a cigarette to this log, it will be included in the graph within the Cigarette Log menu. Over time, you will be able to track your progress in quitting smoking.

You will also be able to view strategies that match your reasons for smoking in your Cigarette Log, which are accessible through the Action Plan menu.
I Have a Craving

If you feel a craving approaching and want to defeat it before you give in, the “I Have a Craving” feature can help!

The I Have a Craving feature can be accessed at any time from the main menu.

Press the orange face icon labeled “I Have a Craving.”
I Have a Craving

*Keeping your hands busy* is a great strategy for staying smoke-free.

A momentary distraction, like playing Magma Bear on your SiS app, can allow a craving to pass by with ease.
Action Plan

The **Action Plan** feature can help you organize, strategize, and design your own personalized quit plan.

The Action Plan feature can be accessed at any time from the main menu.

Press the blue notebook icon labeled “**Action Plan.**”
Action Plan

Within the Action Plan menu, there are three tools to help you design your quit plan:

1. Smoke Alarms
2. Personal Reasons
3. Strategies for Quitting
Smoke Alarms

The Smoke Alarms feature can be accessed at any time from the Action Plan menu.

Press the pink alarm clock icon labeled “Smoke Alarms.”
Smoke Alarms

The Smoke Alarms feature allows you to proactively plan for a specific time when it might be difficult to abstain from smoking.

When this **risky smoking time** occurs, the SiS app will notify you.

To enter a new smoke alarm, press **“Add Alarm.”**
Smoke Alarms

On this screen, select the **date** and **time** of the risky smoking time.

Next, select how **often** it occurs (once, daily, or weekly).

Finally, describe the **situation** surrounding this risky time.

Press **“Set Alarm”** when finished.
The **Personal Reasons** feature can be accessed at any time from the Action Plan menu.

Press the green face icon labeled “**Personal Reasons**.”
Personal Reasons

Within this tool, you are able to input your personal reasons for making a quit attempt.

These can reasons can serve as reminders to keep you from smoking in challenging situations.

To add a new reason, press “Add one.”
Personal Reasons

Simply type your reason into the text box, then press "Add reason" when you are done to save the entry.

You can add additional reasons for quitting at any time from this feature.
Strategies for Quitting

The Strategies for Quitting feature can be accessed at any time from the Action Plan menu.

Press the purple map icon labeled “Strategies for Quitting.”
Strategies for Quitting

Each time you input a cigarette in the Cigarette Log, the reason you smoked each cigarette is populated into this **pie chart**.

On this user’s pie chart, a large number of his/her cigarettes smoked were due to socializing and hanging out with others who smoke.
Strategies for Quitting

Below each reason for smoking, the app provides a strategy to combat the reason.

To view another strategy related to this particular reason, press “Show me another strategy.”

To read a strategy for another reason on your pie chart, press the right or left arrows.
Treasure Chest

Your **Treasure Chest** is where you can view your accomplishments, benefits to quitting, and bits of wisdom about quitting smoking.

The Treasure Chest feature can be accessed at any time from the main menu.

Press the red chest icon labeled “**Treasure Chest**.”
Treasure Chest

Within the Treasure Chest menu, there are three tools to help you visualize your success:

1. Badges
2. Benefits of Quitting
3. Owl Wisdoms
Badges

Your earned badges can be accessed at any time from the Treasure Chest menu.

Press the yellow badge icon labeled “Badges.”
Badges

Within the Badges feature, you are able to view your **accomplishments** during your quit attempt.

Each badge celebrates a different accomplishment.

The more you interact with the app and progress in your quit attempt, the more badges you will earn!
Badges

You can press on a specific badge to learn more about it.

For example, this particular badge is called “Committed to quit!”

Below the title is a description that summarizes why you earned this badge.

Give yourself a pat on the back!
Benefits of Quitting

Benefits of quitting can be accessed at any time from the Treasure Chest menu.

Press the pink graph icon labeled “Benefits of Quitting.”
Benefits of Quitting

This feature is meant to serve as a constant reminder for all the good things that come with quitting smoking.

If ever you doubt your progress, you can view these benefits at any time to reassure yourself that your quit attempt has already benefitted your body and mind.

To view more benefits, press “Show another.”

You can view many benefits of quitting smoking at any time through this feature.
Owl Wisdoms

**Scientific facts** about quitting smoking can be accessed at any time from the Treasure Chest menu.

Press the purple owl icon labeled “**Owl Wisdoms**.”
Owl Wisdoms

The purpose of this feature is to provide you with an abundance of **scientific facts** surrounding smoking cessation.

If a particular bit of wisdom interests you and you would like to read more, press “**Read more**” on the right side of the owl.
Owl Wisdoms

If you would like to view a different bit of wisdom, click “Show another” at the bottom of the screen.
Contact Us!

sis@mgh.Harvard.edu
617-724-3129