SiS – Smiling Instead of Smoking – An overview of our positive psychology smoking cessation app

As soon as users download and install the app, Session 1 starts. During Session 1, users will be guided to use the “Smoking Cessation Tools”, depending on their answers during the Session (e.g., a user indicating that s/he is NOT ready to quit smoking would NOT be asked to set a quit day, and would instead be directed to reviewing the benefits of quitting, and thinking about their barriers of quitting).

After completing Session 1, users end on the app’s home screen. This screen will be the first one they encounter when they enter the app thereafter. On this home screen, users can:

- See their current status (e.g., # of days abstinent)
- Update their smoking status, if relapsed
- Access the 7 smoking cessation tools
- See what the positive psychology exercise is of the day
- See whether or not they completed each part of the exercise
- Access the behavioral counseling sessions; while these sessions are triggered to occur automatically, users have the opportunity to re-do them, if they so choose
- See when the next check-in will occur
- Access the cigarette log to either make an entry or review trends over time
- Access audibly-prompted mini-surveys, with a count-down displaying the remaining time left to complete it (available for 15 min after the prompt is sent)
The “Smoking Cessation Tools” are accessed directly from the app’s home screen, and can be viewed and updated at any time, so as to allow users to:

- **Customize their quit experience** (e.g., re-scheduling the quit day, changing their motivational reminders for challenging times)
- **Access supportive information readily**, in an easy-to-view, logic-branched manner (e.g., benefits of quitting)

Here’s an example of one the offered smoking cessation tools: “Managing Your Challenging Times”:

- Users indicate WHEN the challenging time will be, and describe it.
- Users then describe a strategy for navigating this time safely.
- To inspire/guide users, examples of strategies are provided by pressing the “Get Ideas” button.
- To facilitate finding the right strategy, example strategies are grouped within types of situations.
- Users can identify multiple challenging times, and create unique strategies for each of them.
Daily positive psychology exercises are text-entry based. They are dynamic and to some degree interactive:

**Dynamic:**
- Users enter text describing the event right when it occurs.
- The home screen keeps track of how many parts they have already completed.

**Interactive:**
- The app provides examples of good things, kindnesses and savored moments.
- The app maintains a log of the users’ past described events, so as to provide users with a personal diary of positive events.

Real-time examples will be available via the study website and/or Twitter, where staff members take turns completing and tweeting/blogging positive psychology exercises.

Behavioral counseling is offered **proactively**, and occurs:
- Upon first installing the app
- On the quit day
- 1 week after the quit day

Behavioral counseling can also be accessed **on-demand**, simply by clicking the “Smoking Cessation Sessions” button on the home screen. Since the feedback users receive is **tailored**, re-doing a session may be appealing, if users find themselves at a different state than during their original encounter of the session (e.g., more ready to quit, re-doing a quit attempt, more open to hearing about benefits of quitting).
Feedback in the behavioral counseling sessions is tailored.

As a self-monitoring exercise, users can track their own cigarette smoking easily by selecting the “Cigarette Log” button on the home-screen. This will bring them to a screen where they can:

- Time-stamp a cigarette they are currently smoking or just finished smoking
- Retroactively report a cigarette they forgot to enter
- View a graphical display of their past cigarettes (i.e., number of cigarettes smoked per day)

Once per smoking day, as sub-sampled based on the users’ average number of cigarettes smoked per smoking day, a cigarette use entry will trigger a mini-survey, which asks about mood, other smoking relevant subjective states, thoughts about quitting, and ascertains the users’ physical, social and physiological context.
Mini-surveys proactively solicit information from users about their current state. They occur:

- Based on random sampling within pre-defined time periods
- Based on random sampling from entries of cigarette use

These mini-surveys (i.e., ecological momentary assessments) use multiple-choice and slider-bar items.