

# Cigarette Log

This tutorial will familiarize you with the cigarette log function of the SiS app.



# Welcome to SiS!

- This is the home screen of the app.
- From here you can keep track of your quit day and smoking status, access smoking cessation tools, participate in positive psychology exercises, and log the cigarettes that you smoke.
- This tutorial will teach you how to submit a cigarette report.
- To begin, select cigarette log.

Here's are the actions you can take regarding your cigarette log:

Log the cigarette(s) you just smoked

1 CIGARETTE

2+ CIGARETTES

Correct your cigarette log by entering a cigarette you forgot to enter when you smoked it

CORRECT LOG

Look at a graph of the cigarettes you smoked

VIEW GRAPH

# Select an Option

•If you smoked one cigarette, select “1 cigarette.”

•If you smoked more than one cigarette, select “2+ cigarettes,” you will then be prompted to enter the number of cigarettes that you smoked.

A screenshot of a mobile application interface. At the top, there is a status bar with various icons and the text "95% 2:08 PM". Below this is a white rectangular area containing a list of ten options, each with a radio button to its right. The options are: "Reduce craving", "Soon going where I can't smoke", "Cope with negative emotion", "Enhance positive emotion", "Habit/automatic", "Opportunity to socialize", "Break from work/studying", "Boredom/to kill time", and "Other".

Reduce craving	<input type="radio"/>
Soon going where I can't smoke	<input type="radio"/>
Cope with negative emotion	<input type="radio"/>
Enhance positive emotion	<input type="radio"/>
Habit/automatic	<input type="radio"/>
Opportunity to socialize	<input type="radio"/>
Break from work/studying	<input type="radio"/>
Boredom/to kill time	<input type="radio"/>
Other	<input type="radio"/>

# Why did you Smoke?

- The next screen will ask “Why did you smoke?”
- Select this question and the drop down menu seen in the picture will appear.
- Select one of the options provided or select “Other” to enter your own option.

# Desire/Urge to Smoke?

How strong was your desire / urge to smoke?

5

extremely weak                      extremely strong

- You will then be brought to this screen.
- Drag the slider bar to answer the question.
- 0 means you had an extremely weak desire to smoke and 10 means an extremely strong desire to smoke.
- When you make a selection, a button reading “continue” will appear. Select this to submit your cigarette report.

# Long Surveys

- On occasion, after filling out a cigarette report, you will be prompted to complete a full length survey.
- These are similar to the surveys that you are randomly prompted to complete three times throughout the day while using the app. Simply complete the survey in the same manner making sure to respond to all of the questions asked.

# Correcting your Cigarette Log

Here's are the actions you can take regarding your cigarette log:

Log the cigarette(s) you just smoked

1 CIGARETTE

2+ CIGARETTES

Correct your cigarette log by entering a cigarette you forgot to enter when you smoked it

CORRECT LOG

Look at a graph of the cigarettes you smoked

VIEW GRAPH

- If you forget to enter a cigarette or multiple cigarettes, select “correct log.”
- Input the amount of cigarettes you forgot to enter, then complete the report like you would normally do.



# View Graph

Here's are the actions you can take regarding your cigarette log:

Log the cigarette(s) you just smoked

1 CIGARETTE

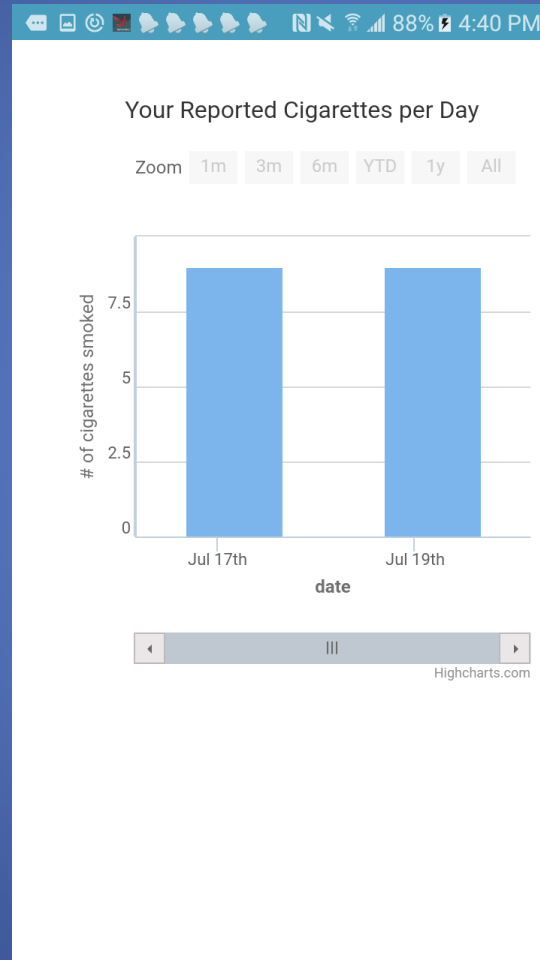
2+ CIGARETTES

Correct your cigarette log by entering a cigarette you forgot to enter when you smoked it

CORRECT LOG

Look at a graph of the cigarettes you smoked

VIEW GRAPH



- Select “view graph” to see a graph of all of the cigarettes that you have smoked since you started using the app.



# Why Complete a Cigarette Report?

- Completing a full cigarette report allows you to track your cigarettes over time, and it also allows us to gain insight into the circumstances under which you are smoking.
- This allows us to tailor further versions of our app to better support people at times when they may be more likely to smoke.

# Thank You

Thank you for taking the time to learn more about the Cigarette Log function of the SiS App.