

## **To what extent do smokers plan quit attempts?**

### **L Larabie**

#### **Appendix: examples of responses**

##### **Unplanned quit attempts**

“My partner had quit and and I thought if he can do it so can I. I said “that’s it. I didn’t tell anyone – no planning – just cold turkey” (WM, age 59)

“My sister was visiting and I was feeling disgusted about how much we were smoking and how the living room stunk of smoke. I called my spouse and told him I was quitting. No planning – just “spur of the moment” (DT, age 67).

“We had a party on a Saturday night. The next morning I came downstairs and the smell of cigarette smoke in the house disgusted me. But I had been the only one smoking. There was no planning involved. I quit cold turkey. For the first time in my life I could really smell the cigarette smoke” (ML, age 56).

“I met Eric (future husband). I did not want to smoke around a non-smoking partner. I didn’t feel like it. No planning just cold turkey” (AS, age 27).

“I brushed my teeth and got ready for bed. I had my last cigarette of the day and felt light-headed and funny and I didn’t want the rest of it. I put the pack in my dresser (kept the cigarettes for a whole year). I quit without planning – didn’t desire it any longer” (EJ, age 84).

“I loved it until I had that asthma attack. I was at work and I couldn’t breathe so I left to go and see the doctor (me). I got supreme shit and prednisone. I have never smoked again since leaving the doctor’s office” (EM, age 37).

“I had just graduated from nursing and working in a hospital and seeing first-hand the effects of smoking. I quit cold turkey – no planning – I started running to avoid gaining weight” (CA, age 31).

“I found out I was pregnant and I just quit” (LV, age 36).

“I just felt like I had had enough and it was not going to kill me” (CB, age 36).

“In 1998 I went to the emergency room because I thought I was having a heart attack. I promised God that if I survived the night I would quit smoking. I have never smoked since” (DS, age 48).

“I got “the scare”. I went out from work to have a cigarette and got a severe dizzy spell and had difficulty walking for 20♣minutes. I quit “on the spot”. I still had cigarettes left in my pack” (LF, age 40).

“I was told by a doctor (not me) that my sinus problems were caused by smoking. I never smoked after he told me that” (NF, age 63).

“I came from work and there was a big storm. I realized I was out of cigarettes but the weather was too bad to leave the house. I lasted all night and the next morning without a cigarette. I got confidence to quit because I never thought I could go that long without cigarettes so I thought what the hell—might as well keep on going. I’ve never smoked since for the last 24 years” (LG, age 78).

“I was sick with bronchitis and the doctor said if I didn’t stop smoking, I’d have bronchitis all my life. I didn’t plan anything. I just quit” (JP, age 64).

“I was smoking 6 cigarettes per day and thought this is it-what am I doing? I quit on the spot” (DK, age 83).

“I was at a house party and there were no ashtrays in the house. I dropped my cigarette in my drink to the complete horror of the hostess. I thought “these damn things” and I have never smoked another cigarette since” (MD, age 66).

“I was away in Ottawa and my spouse called me to say she was quitting smoking so I quit cold turkey to support her” (AT, age 67).

“In 1992 I was admitted to hospital with a heart attack. I’ve never smoked again” (RT, age 56).

“It was 40 years ago. I was always thinking about the kids in the back of my mind and the cost consideration—it was ridiculous. Both myself and my spouse were in bed and had our last cigarette and decided that was it. We quit together cold turkey” (BR age 61).

“In 1976 I was in a bad car accident—I had been chain smoking and drinking and was hospitalized for my injuries. I never smoked again” (RB, age 47).

“I was working under a car and smoking. I burned my lip so bad I needed plastic surgery and had to eat with a straw for a month. I quit on the spot” (VD, age 81).

“I had been a heavy drinker. My wife gave me an ultimatum – I quit drinking and smoking at the same time – no planning – cold turkey” (TV, age 41)

“My quitting was completely spontaneous. I lit a smoke and didn’t like it. The smell and taste were awful. I threw the cigarettes out. That was 3 years ago” (JD, age 29).

### **Planned quit attempts**

“I saw a woman in a wheelchair with an oxygen tank. I planned to quit. I was living with a smoker at the time and we both quit together two weeks later” (CN, age 46).

“I started getting afraid of cancer and planned to quit “cold turkey” on New Year’s Eve in 1979” (RD, age 66).

“I quit New Year’s Eve with Zyban for my health” (SK, age 47).

“I was getting frustrated with smoking and also worried about health. I quit with Zyban” (JD, age 43).

“My mother died of lung cancer and my father was dying of lung cancer. I quit with Zyban” (CC, age 46).

“I wanted to play soccer so I got Zyban and quit smoking” (KD, age 44).

“I was pregnant and planned to quit. I tapered down and didn’t allow myself to smoke at work until I finally quit” (BV, age 36).

“The cost of cigarettes was the impetus. I used nicotine gum. I definitely planned it. I bought a blouse with the money I saved as a reward” (KM, age 39).

“My father had vascular surgery and he looked like hell. I would go home and smoke and I could feel my veins clogging up and I was frightened. I phoned Dr B (hypnotist) for an appointment” (AH, age 57).

“My fiancée was a non-smoker. I joined smoke stoppers” (KV, age 37).

“I found out I was pregnant and tapered down for a month and quit” (SW, age 31).

“I had severe emphysema and had to quit. I planned to quit cold turkey” (LM, age 74).

“I quit because I was hacking and coughing. The only way to get rid of the cough was to light another cigarette or quit. I quit by tapering. Hold off as long as you can and have a quick smoke” (JL, age 58).