

Supplementary Material 1: Survey questions used from the JASTIS follow-up survey, Japan, 2019 (translated from Japanese)

Live alone

Q3. How many people do you live or share a livelihood with? Even if you work away from home, if you return once every three months, this is also considered as co-habitation.

___ person(s)

Marital status

Q4. Do you have a spouse (husband or wife)? This includes partners who you may share a life with even if you are not officially married.

1. Has spouse
2. Not married
3. Widowed
4. Divorced

Household income

Q8. What was your approximate annual household income (before tax)?

1. None
2. Under 500,000 yen
3. 500,000 to 999,999 yen
4. 1 to <2 million
5. 2 to <3 million
6. 3 to <4 million
7. 4 to <5 million
8. 5 to <6 million
9. 6 to <7 million
10. 7 to <8 million
11. 8 to <9 million
12. 9 to <10 million
13. 10 to <12 million
14. 12 to <14 million
15. 14 to <16 million
16. 16 to <18 million
17. 18 to <20 million
18. 20+ million
19. Would rather not say
20. Do not know

Education

Q12. What school did you last graduate (or attended)?

1. Middle school
2. Private high school
3. National public high school
4. Special training school / community college
5. Junior / vocational / polytechnic college

6. Private university
7. National university
8. Local public university
9. Graduate school
10. Other

Q12-1. With regards to the school you chose, what was the status that applied?

1. Graduated
2. Dropped out
3. Still attending

Type of housing

Q13. Which describes your current living situation? Please choose one.

1. Home owner (standalone property)
2. Home owner (apartment)
3. Rental (private apartment)
4. Rental (public housing)
5. Boarding
6. Company or government housing/dormitory
7. Other

Smoking status

Q30. In the past 30 days, how many days did you smoke/use the following?

Cigarettes	___ days
Roll-your-own cigarettes	___ days
Ploom Tech	___ days
Ploom Tech+	___ days
Ploom S	___ days
IQOS	___ days
glo	___ days
E-cigarettes (with nicotine)	___ days
E-cigarettes (no nicotine)	___ days
E-cigarettes (nicotine content unknown)	___ days
Cigar	___ days
Pipe	___ days
Kiseru (Japanese smoking pipe)	___ days
Chewing tobacco	___ days
Snus	___ days
Hookah	___ days

Time to first smoke

Q37. In the morning, within in how much time do you use your first tobacco product after waking up? The type of tobacco does not matter.

1. Within 5 minutes
2. 6-15 minutes
3. 16-30 minutes
4. 31-60 minutes
5. After more than an hour

Quit attempt

[survey participants who indicated that they had smoked cigarettes at least once in the past year were asked this question]

Q45. In the past year, have you tried any of the following to quit smoking cigarettes?

[For each option, the possible responses are: "No", "Yes"]

1. Bought nicotine gum at a pharmacy and used it to quit
2. Bought nicotine patch at a pharmacy and used it to quit
3. Used heated tobacco products (IQOS, Ploom Tech, glo) to quit
4. Used e-cigarettes (different from heated tobacco) to quit
5. Visited a smoking cessation clinic (only counselling, no medication)
6. Received treatment that contains no nicotine (e.g. Champix) from the smoking cessation clinic
7. Received treatment that contains nicotine (e.g. Nicorette) from the smoking cessation clinic
8. Did not use any of the above but tried to stop smoking on my own (including books that provide advice for quitting smoking)

Self-rated health

Q61. How is your health now? Please choose one of the following that describes it best.

1. Good
2. Fine
3. Normal
4. Not good
5. Bad

Mental health

Q66. Do you have any of the following illnesses now?

[For each option, the possible responses are: "No", "Visiting a hospital for treatment", or "Have the condition but not visiting a hospital for treatment."]

1. Hypertension
2. Diabetes
3. Asthma
4. Bronchitis, pneumonia
5. Atopic dermatitis
6. Periodontal disease
7. Otitis media
8. Stenosis
9. Myocardial infarction
10. Stroke
11. COPD
12. Cancer, malignant tumour
13. Chronic pain
14. Depression
15. Mental illness other than depression