

Appendices

THE FIVE 'A's

1. Ask

Which of these best describes you?

- Smoker Thinking of quitting
- Smoker Not thinking of quitting
- Ex-smoker Quit in the last 6 months
- Ex-smoker Quit for more than 6 months
- Never smoked

Intervention Level: Brief; Moderate (Mod.); Intensive (Intens.)

2. Assess

Not Interested in Quitting		Interested in Quitting		Recently Quit	
Brief	<p>“How do you feel about your smoking right now?”</p> <p>“Have you considered quitting?”</p>	Brief	<p>“How important is quitting for you right now?”</p>	Brief	<p>“Any slips, even one puff?”</p>
Mod.	<p>Explore difficulties and what would be the hardest thing about quitting.</p>	<p>Mod. Experience from past quit attempts: “What worked?” “What didn't?”</p> <p>Explore motivation and confidence (use scale 1–10). Assess nicotine dependence.</p>	Mod.	<p>Check how they are managing. “Any benefits or problems?”</p>	
Intens.	<p>Systematically explore likes and dislikes; e.g. decisional balance.</p>	<p>Intens. Assess high-risk situations.</p>	Intens.	<p>Explore high-risk situations.</p>	

3. Advise					
Not Interested in Quitting		Interested in Quitting		Recently Quit	
Brief	State importance of considering quitting and acknowledge their right to choose, handle reactivity.	Brief	Set quit date. Support decision to quit.	Brief	Affirm decision: "That's great, it's the most important thing that you could do for your health."
Mod./ Intens.	Provide personalised feedback on any objective adverse health effects.	Mod./ Intens.	Brainstorm solutions: "What has worked?" "What didn't work?" "What tipped you back?" "How can I help?"	Mod./ Intens.	Summarise benefits accrued to date.

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4. Assist					
Not Interested in Quitting		Interested in Quitting		Recently Quit	
Brief	Express interest: "I'm interested in your long term health and I'm here to help if you need it."	Brief	Offer Quitbook and Quitline Card.	Brief	Offer support e.g. Quitbook and Quitline Card.
Mod.	Mention Quitbook and Quitline card.	Mod./ Intens.	Develop a plan and quit date. Review dealing with nicotine withdrawal, triggers, social support, habit, negative emotions and social situations. Discuss pharmacotherapy e.g. NRT, Zyban, covering type, side effects, dosage, monitoring.	Mod.	Express ongoing interest: "I'll make a note to see how you are getting along."
Intens.	Discuss options e.g. Quitline, Pharmacotherapy (NRT, Zyban). Offer Quitbook and Quitline card. Acknowledge difficulties, most smokers take 5–6 attempts to quit.			Intens.	Help with specific situations e.g. weight gain, withdrawal, negative moods, and stress. Assist with high-risk situations.

Appendix H

5. Arrange					
Not Interested in Quitting		Interested in Quitting		Recently Quit	
Brief	Offer help in future.	Brief	Suggest follow-up appointment, ideally in the next seven days.	Brief	Offer follow-up appointment if there is a likelihood (or occurrence) of relapse.
Mod.		Mod.	Enlist supports; e.g. Quitline.	Mod.	
Intens.	Offer appointment and explain how you can help.	Intens.	Discuss a plan highlighting the value of follow-up appointments. Discuss Quitline 12 week support program.	Intens.	