

**Additional File 2:** BCTs included in the treatment manual from each Stop Smoking Service.

*Note: BCTs presented in bold are present in both manuals in the relevant sub-section*

Session Type	BCTs in manual from Service 1	BCTs in manual from Service 2
<b>Pre-quit</b>	<ul style="list-style-type: none"> <li>- <b>Measure and explain purpose of CO monitoring</b></li> <li>- <b>Action planning</b></li> <li>- <b>Advise on stop smoking medications</b></li> <li>- <b>Information gathering and assessment</b></li> <li>- <b>Explain expectations regarding the treatment programme</b></li> <li>- <b>Offer/direct towards appropriate written materials</b></li> <li>- Build rapport</li> <li>- Advise on use of social support</li> <li>- Prompt commitment from the client there and then</li> <li>- Advise on environmental restructuring</li> <li>- General practitioner communication approaches</li> <li>- Provide reassurance</li> <li>- Goal setting</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Measure and explain purpose of CO monitoring</b></li> <li>- <b>Action planning</b></li> <li>- <b>Advise on stop smoking medications</b></li> <li>- <b>Information gathering and assessment</b></li> <li>- <b>Explain expectations regarding the t</b></li> <li>- <b>Offer/direct towards appropriate written materials</b></li> <li>- Identify reasons for wanting/not wanting to stop smoking</li> <li>- Facilitate relapse prevention and coping</li> <li>- Prompt review of set goals</li> <li>- Prompt self-recording</li> <li>- Advise on changing routines</li> <li>- Set graded tasks</li> </ul>
<b>Quit-day</b>	<ul style="list-style-type: none"> <li>- <b>Measure and explain purpose of CO monitoring</b></li> <li>- <b>Facilitate relapse prevention and coping</b></li> <li>- <b>Ask about experiences of stop-smoking medications the client is currently using</b></li> <li>- <b>Build rapport</b></li> <li>- <b>Information gathering and assessment</b></li> <li>- Goal setting</li> <li>- Prompt review of set goals</li> <li>- Provide options for additional/later support</li> </ul>	<ul style="list-style-type: none"> <li>- <b>Measure and explain purpose of CO monitoring</b></li> <li>- <b>Facilitate relapse prevention and coping</b></li> <li>- <b>Ask about experiences of stop-smoking medications the client is currently using</b></li> <li>- <b>Build rapport</b></li> <li>- <b>Information gathering and assessment</b></li> <li>- Boost motivation and self-efficacy</li> <li>- Prompt commitment from the client there and then</li> <li>- Strengthen ex-smoker identity</li> <li>- Identify reasons for wanting/not wanting to stop smoking</li> <li>- Distract from motivation to engage in behaviour</li> <li>- Barrier identification and problem solving</li> <li>- Action planning</li> <li>- Prompt self-recording</li> <li>- Advise on environmental-restructuring</li> <li>- Advise on avoidance of cues for smoking</li> <li>- Advise on stop smoking</li> </ul>

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**Post-quit**

- **Provide rewards contingent on successfully stopping smoking**
- **Provide rewards contingent on effort or progress**
- **Measure and explain purpose of CO monitoring**
- **Facilitate relapse prevention and coping**
- **Advise on stop smoking medications**
- **Ask about experiences of stop smoking medications that the client is currently using**
- **Prompt review of set goals**
- Information gathering and assessment
- Build rapport
- Offer/direct towards appropriate written materials

- medications
- Advise on use of social support
- Explain expectations regarding the treatment programme
- Offer/direct towards appropriate written materials
- General practitioner communication approaches
- Provide reassurance

- **Provide rewards contingent on successfully stopping smoking**
  - **Provide rewards contingent on effort or progress**
  - **Measure and explain purpose of CO monitoring**
  - **Facilitate relapse prevention and coping**
  - **Advise on stop smoking medications**
  - **Ask about experiences of stop smoking medications that the client is currently using**
  - **Prompt review of set goals**
  - Provide information on the consequences of smoking and smoking cessation
  - Prompt commitment from the client there and then
  - Strengthen ex-smoker identity
  - Barrier identification and problem solving
  - Goal setting
  - Advise on use of social support
  - Provide options for additional/later support
  - Emphasise choice
  - General practitioner communication approaches
  - Provide reassurance
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