



SCIMITAR+ Trial – Smoking Cessation  
Intervention in severe Mental Ill health TRial

## **Participant Support Pack**

**Name** .....

Thank you for agreeing to take part in the SCIMITAR+ Trial.

Your Quit Smoking Practitioner will work with you to help you to quit or cut down to quit.

This booklet includes sheets you can fill in. You can share these with your Quit Smoking Practitioner to help to decide on the best way for you to quit or cut down.

Filling in these sheets can help you decide what things it might be helpful for you to do and help you keep track of how you are doing.

Your Quit Smoking Practitioner can help you fill the sheets in and you can work through them together.

# Worksheets

## 1. Smoking diary

Filling this in will give you an accurate picture of how many cigarettes you smoke and at what times. It can be useful for identifying times and situations when you seem to smoke more so you can think about how you might deal with these times.

Fill the diary in for the whole day but if you think this day is not typical or you think your smoking pattern changes on different days you can make a note of this to discuss with your Smoking Cessation Practitioner.

Now you have had chance to do your diary think about the cigarettes you feel you might miss the most. Mark these on your diary. These will help you when you are putting together your Personal Coping Plan or deciding which cigarettes to cut out.

## 2. Pros and cons of smoking

Writing down the things which are good and not so good about smoking and stopping can be useful if you are feeling unsure about quitting. Reminding yourself of the pros and cons and adding new reasons can help you to stay on track once you have quit or are cutting down to quit.

## 3. Cut down to quit plan

Having a structured plan is the best way to cut down to quit. Knowing how many cigarettes or which cigarettes you will cut out gives you a clear aim, helps you to set weekly targets and you will know when you have reached your goal.

## 4. Personal coping plan

Identifying particular, people, situations or times which you feel may trigger you to start smoking again or leave your cut down to quit plan is useful.

Knowing what these triggers are and planning ahead will give you the best chance of success.

# Smoking Diary

Name	
Date	
Day	

Cigarette	Time	Comments e.g. what were you doing?	Is this one of the cigarettes I'll miss the most?
1st of day			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			

Cigarette	Time	Comments e.g. what were you doing?	Is this one of the cigarettes I'll miss the most?
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			
40			
41			
42			
43			
44			
45			
46			
47			
48			
49			
50			

### Was this a typical day for you?

If not, write down any differences that you feel it might be useful to discuss with your Stop Smoking Practitioner below.

## Pros and cons of smoking

What's good about smoking	What's not so good about smoking
What's not so good about stopping smoking	What's good about stopping smoking

## Cut Down to Quit Plan

Date		Session Number	
------	--	----------------	--

Current number of cigarettes smoked a day	
---	--

The NRT I will be using to help me stop smoking.

Patches	Other NRT

How often should I use my gum, lozenges, inhalator, etc
What is the most I can use in one day?

Target for cutting down	
-------------------------	--

Date	Number (or which cigarettes) to cut out today	How much NRT to use today	Difficulties with reaching my target today.

New target for cutting down	
-----------------------------	--

Quit date set	
---------------	--



## Cut Down to Quit Plan

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------	--	----------------	--

Current number of cigarettes smoked a day	
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New target for cutting down	
-----------------------------	--

Quit date set	
---------------	--

## Personal Coping Plan

[illegible]

### What things might make you start smoking again once you have stopped?


**What could you do to manage these triggers to starting smoking again?**


**What might be good / not so good about each of these solutions?**

[illegible]



Action Plans	
Problem / Trigger	Action Plan

Problem / Trigger	Action Plan

Problem / Trigger	Action Plan

Problem / Trigger	Action Plan

Problem / Trigger	Action Plan

**Using your Coping plan when you encounter problems can help you keep to your Quit Plan (or Cut Down to Quit Plan).**