

Supplementary Table S2 Codes and examples of the transcribed text from 30 interviewees

Codes	Quotes
Smoking: behaviors	
Smoking with friends	<001> <i>When I go out with my friends, I tend to smoke more compared to when I am alone. I don't smoke much by myself.</i>
Having guests and visitors	<030> <i>I smoke a lot when I'm chatting with visitors at home.</i>
Drinking	<006-> <i>After a meal or when I am drinking, I smoke a lot, especially when I'm having a drink with friends or colleagues. Normally, I have cigarettes after meals.</i>
After dinner	<012-> <i>After lunch or dinner, or when I'm chatting with schoolmates, I have cigarettes regularly.</i>
At night	<003> <i>I think I smoke a lot when I stay up late.</i>
After getting up	<019> <i>Basically, when I wake up in the morning, I have to smoke two cigarettes to get out of bed.</i>
At leisure	<004> <i>In addition, when I have nothing to do, I tend to smoke.</i>
At work	<023> <i>Mainly when thinking or working.</i> <004> <i>Like when there are lots to do at work.</i>
Mental labor	<018> <i>I smoke a lot when I'm writing or thinking.</i>
Playing games	<027> <i>I smoke one cigarette after another while playing games.</i> <001> <i>I can't control the want to smoke when playing games, gradually smoke too much.</i>
When in confined spaces	<004> <i>Another thing is that when I stay in a confined space for a long time, such as having dinner at home or staying in a place for a long time, I prefer to go out and have a cigarette.</i>
Using bathrooms	<015> <i>When using the bathroom, after dinner, etc. Basically, I smoke more when I'm bored.</i>
Driving	<008> <i>Sometimes I feel sleepy when driving for a long time, so I would smoke to refresh myself.</i>
Upset	<010> <i>Well, I mean, I've been in a bad mood recently at work, in life, at home, or in relationships.</i> <004> <i>It's kind of like the thought of releasing one's tension. It's sort of an adult-way of preventing breakdowns (laugh).</i>
Smoking cessation: behaviors	
Surrounded by pregnant women or young children	<003> <i>When I am in the presence of pregnant women or young children, I realize that such a smoky environment is unsuitable for their wellbeing. Therefore, I am determined to quit smoking.</i>
(when cannot smoke) Having urges for food	<021> <i>I often experience a sense of void in my mouth or hands when I have the urge to smoke, which causes a feeling of emptiness.</i>
Feelings of emptiness	<012> <i>When I desire to smoke, I mean take one or two times deep breaths of a cigarette from the bottom of my heart. I feel incredibly comfortable after smoking. (The emptiness) Just like if people forget to put salt in a dish.</i>
(when cannot smoke) Having thoughts of smoking	<013> <i>Psychologically, I often find myself yearning for a cigarette., When I smoke a certain amount of cigarettes a day, if there is a period of time when that amount is down, or I only have two cigarettes left in my box, I will have some mild anxiety and go to buy cigarettes as soon as possible. It's like a</i>

	<i>cell phone that needs to be recharged right away</i>
(when cannot smoke) Feeling anxious	<001> <i>Anxious. Mostly, I'm feeling anxious. Otherwise, it's okay. If there was really no cigarette, it's actually okay. It (the feeling of anxiety) will pass after a while. But it sucks when I'm trying to look for cigarettes.</i>
Changes after quitting smoking	<p><029> <i>Smoking cessation has had both positive and negative effects on my well-being. Initially, it led to the dysfunction of my body. Then, my blood sugar and weight increased. These changes were likely a result of quitting smoking. And some people say that quitting at my age could potentially lead to diabetes. I didn't expect it really started to happen.</i></p> <p><029> <i>After I quit smoking, my cough disappeared, and nobody hated me anymore.</i></p> <p><007> <i>Physical activities like sports, climbing stairs, and running became less challenging after I quit smoking. And I won't feel sleepy as easily as before, I think.</i></p> <p><007> <i>It is obvious that my taste is back, and my nose became more sensitive after a while of my smoking cessation.</i></p>
Smoking: motivations	
Automatically	<p><u>Curiosity:</u> <001> <i>The first time I smoked, well, I suppose it was out of curiosity. It was simply a result of observing one of my brothers smoking, which sparked my curiosity and led me to start smoking.</i></p> <p><u>Relieving pressure:</u> <022> <i>I started smoking by myself during my college years when having trouble writing my essays. I found myself smoking more faced with the pressure of test preparation or work-related stress.</i></p> <p><u>Have nothing to do or feeling bored:</u> <019> <i>I tend to smoke more when I've got nothing to do, just for relieving the boredom.</i></p>
Passive smoking	<p><u>Schoolmates, friends, and colleagues took me to smoke with them:</u> <006> <i>When I was about 17 or 18 years old, I had my first cigarette while learning art. The studio where I was training had fellow roommates who smoked cigarettes. They were all trying to persuade me to smoke, then I smoked.</i></p> <p><011> <i>When I first started smoking, I wasn't that heavy, maybe 3-5 cigarettes a day. After I began to work, there are smokers around, so we smoke together. My colleague is a heavy smoker. When he smokes, he will hand me one, and I will follow his smoking rhythm, then I gradually smoked more and more.</i></p> <p><u>Developed a habit:</u> <002> <i>In the beginning, it may be started with smoking while playing games at home alone. Then this unconscious behaviour became a kind of habit of wanting to smoke at special moments.</i></p>
Smoking cessation: motivations	

Own initiative	<p><u>Own health status:</u> <012> <i>Mainly because I don't think the condition of my body was healthy anymore. And my blood pressure has increased.</i></p> <p><u>Fertility planning:</u> <010> <i>If I were to plan for pregnancy or prepare for having children, I would consider quitting smoking .</i></p> <p><u>Family members:</u> <011> <i>I made a promise to my family to quit smoking. There are no smokers in my family. And I believe my smoking could have an impact on them.</i></p> <p><u>Personal image:</u> <027> <i>And now, with the increase of people's education level, people tend to avoid me when I smoke.</i></p> <p><027> <i>And it doesn't look good with a cigarette in your mouth when walking down the street. It does not portray a positive personal image.</i></p>
Objective condition	<p><u>Illness and discomfort caused by smoking:</u> <022> <i>At first, I had no thoughts of quitting smoking, But once it becomes addictive, which will do harm to the body, and then I will start to quit smoking.</i></p> <p><u>The distraction of environment:</u> <014> <i>I believe external factor, such as smoking restriction in the workplace, will force us to quit smoking, because we won't be fired just for smoking ..</i></p> <p><u>Financial burden:</u> <015> <i>I do want to quit smoking. For smoking accounts for one-third of my daily expenses.</i></p> <p><018> <i>Smoking is expensive. Especially when we pass cigarettes between each other, the quality and brand cannot have many differences, which cost a lot.</i></p>
Smoking: capability	
Smoking is not a disease	<p><-019> <i>I don't consider smoking as a disease, but rather as a sort of social engagement.</i></p> <p><016> <i>I don't think so. I think it's a kind of entertainment. It's not so serious that needs to be treated with medical approaches.</i></p> <p><-013> <i>In my opinion, this is not a disease, but a social phenomenon. From the legal point of view, smoking prohibition has not been written into the law, and there will be some relevant regulations in public places, such as restaurants, airports and so on.</i></p>
Smoking is relaxing	<011> <i>Smoking provides a sense of relaxation after inhalation.</i>
Smoking is pleasurable	<015> <i>Smoking brings a specific type of pleasure, especially when I am feeling bored.</i>
Smoking is refreshing	<013> <i>First of all, smoking is a means to improve concentration and refresh myself. So that it's sort of drinking coffee or chewing gums.</i>
Smoking is cool	<026> <i>At first I thought smoking was a cool thing to do, but as I got older and became rebellious, I started to smoke on my own, or I got egged on to do it, and then I felt like an adult.</i>
Smoking is a sign of maturity	<012> <i>Initially, I observed older individuals in our family smoking and became curious about its potential symbolism of masculinity an. And also it might give me a sense of maturity. Overall, I began smoking with the expectation of growing up.</i>
Smoking is a social behavior	<p><016> <i>I wanted to quit smoking. I wasn't an active smoker at first. Smoking is just a social thing for me.</i></p> <p><020> <i>In our social circle, smoking is a social act, and there is no other fun in our circle, we exchange cigarettes with each other as a bonding act.</i></p>
Feeling free to smoke as long as it did not affect others	<003> <i>For me, I never smoke in public, I don't affect others, I just seek my own personal feelings. It's no use trying to persuade me to quit smoking in this case.</i>

Smoking cessation is not a serious matter	<002> For me, I know quitting smoking is a beneficial thing, but I don't think it is so important.
Have little knowledge of smoking or smoking cessation	<021> I don't know much about it. I have heard of a substance called nicotine. <004> Well, definitely will die early (laughs) lung cancer or something <007> Well... Oral disease, lung disease. Something like that.
Do not think it is the time to quit	<030> I feel like when people at the age of mine (who have been smoking for so long), it doesn't matter if I quit or not, I just have to smoke less, and it's okay not to smoke once in a while. <006> I know quitting smoking is a good thing, but I personally don't think it's necessary, because I don't smoke much, and I can even go days without smoking, so I don't think it matters if I'm smoking as much as I am.
Relapse will lead to more inhalation	<008> Many of my friends and colleagues have tried to quit. Maybe quit for half a year or so and then they start smoking again. And they smoked more than ever before.
Consider themselves having lack of willpower	<020> I don't believe that I can quit it up by myself. A heavy smoker is usually unable to quit. It has become a habit and a way of life, and it can be challenging to change suddenly.
Smoking cessation: capability	
Smoking is a disease	<027> I consider it as a disease. Because it is an addictive behavior. I think smoking is essentially no different from drug (addiction). If there is no mandatory environment to quit smoking, it will be difficult for me to quit, and I will be very uncomfortable <007> Since smoking can cause other diseases, I consider smoking as a disease. And the process of quitting will be very uncomfortable for me.
Faith and belief	<013> I think the most important thing to quit smoking is to make up my mind, that is, once I have made the decision to quit smoking, I must achieve it. If quitting smoking is a temporary idea, without a good starting point or motivation, it is not possible to quit smoking successfully by willpower alone.
Goal and purpose	<013> I think quitting smoking requires setting a good goal and what your reasons are for quitting. For me, the biggest motivation to quit smoking was my family.
Strong willpower	<004> I think quitting smoking is a painful thing that requires strong willpower. And self-control. If someone has a strong self-control, I think he can quit smoking successfully no matter which method he adopts.
Determination	<022> The determination to quit smoking is the most important thing. Because you want to do something, you have to really want to do it, and when you want to do it, the method is not a problem, and you'll do whatever it takes to get there. There should also be some success experience of others, it may inspire the determination to quit.
The success of quitting smoking is related to the environment	<001> I think the environment has something to do with it. If the people around you don't smoke, you will also gradually quit smoking. If everyone smoked, you would have smoked too.

Knowledge about smoking cessation	<p><003> <i>Smoking is harmful. Of course, it's harmful. Like regular tobacco, there are probably multiple carcinogens in that smoke, right?</i></p> <p><026> <i>Nicotine, tar, carbon monoxide.</i></p> <p><023> <i>I don't know much about it. It's high in tar. There's nicotine. It's terrible for your lungs.</i></p> <p><014> <i>Heart disease, cerebral infarction, lung cancer, pulmonary edema. Anyway, smoking into the body will undoubtedly have an impact. The biggest is the impact on the lungs.</i></p>
Methods of smoking cessation	<p><u>E-cigarettes:</u> <003> <i>And then there is the e-cigarettes. In fact, I don't think there's actually a smoking cessation effect after I tried it myself. It is just a substitute for ordinary goods, and then reduce pollution to the environment and the impact on others</i></p> <p><018> <i>There are a lot of e-cigarettes that use bombs. It has nicotine in it. It smokes like a cigarette, but I don't use it with much interest. Always wanted a real cigarette. It doesn't satisfy my psychological needs.</i></p> <p><028> <i>I don't think it's a good thing, probably worse than a cigarette. It's not clear what an artificial thing is.</i></p> <p><007> <i>Hmm...you can say it's useless. Just a thing that doesn't make any sense. A lot of people were advocating e-cigarettes to quit smoking. But in the end, I didn't quit smoking cigarettes, and I kept smoking e-cigarettes. Isn't that double damage?</i></p> <p><003> <i>Moreover, there may be situations where you smoke regular cigarettes and get dizziness and nausea. But vaping is fine. Because there's no carbon monoxide or anything in it. I think the dizziness must be due to a lack of oxygen. Because carbon monoxide is high in cigarettes. But there is no such thing as e-cigarettes.</i></p> <p><002> <i>There is also a greater variety of flavors. Like traditional cigarettes, even those containing explosive beads have a limited number of flavors. With e-cigarettes, they come in dozens of flavors. You can choose your favorite flavor according to your own preferences. The choice is more diverse.</i></p> <p><u>Smoking cessation clinics:</u> <018> <i>I read a book about it. But I don't know if it exists in China. If there is, I would love to give it a try if I failed by myself.</i></p> <p><012> <i>I don't think it's necessary, alright. Because this is not what disease, there is no need to receive any treatment. It's known to all, the key for people who want to quit smoking is that they can accept the hazards of smoking, do they have the determination to do it. So it's more of the help of methods. I don't rely on drugs is advisable.</i></p> <p><u>Cessation with willpower:</u> <003> <i>Just simply quit. Just put the cigarettes on the side, or no more shopping for cigarettes after I run out.</i></p> <p><u>Back-titration regimen:</u> <010> <i>Yeah, I think it's a one-time thing. I feel there won't be much of an effect if doing it off and on.</i></p> <p><u>Snacks substitutes:</u> <013> <i>My grandma used to eat nuts and stuff like that when she quit smoking. It's kind of a substitute. She ate melon seeds, beans, peanuts, or any of these nuts to help with smoking cessation. And she did it.</i></p> <p><u>Nicotine substitutes:</u> <-011> <i>At that time, I found it difficult to quit, so I used a smoking cessation patch, after which my desire to smoke was reduced. When I wanted to smoke, the feeling in my mouth was like taking a breath of air, and there was no physical feeling of smoking..</i></p> <p><u>Traditional Chinese medicine:</u> <012> <i>I think controlling it with drugs is a bit much. Try acupuncture or food instead. Like, grab something to eat when wanting to smoke. And immediately, you will have an aversion to cigarettes. Speak of taking Medicine, I may think about whether I need to take this Medicine all year round? Will there be any drug dependence? Will there be other side effects?</i></p> <p><008> <i>I'm sure it will help. Approaches like acupoint embedding are directly applied to the human body. The reaction is more direct. I think this is a very effective method. One of my colleagues tried this method. He said he felt nauseous when he smelled of cigarettes. Yeah, a sense of disgust.</i></p>

	<p>Others: <022> <i>I don't smoke anymore. When I'm stressed, I go for a walk and do some exercise.</i></p> <p><026> <i>The second is a premium plan. Like what rewards can I get if I succeed in smoking cessation? So it's more about some of these approaches.</i></p> <p><006> <i>I know people who slowly cut it down and then they quit. Some quit smoking straight away. I'm not sure about anything else. Because I also smoke less gradually. I smoke a lot less now than I used to (laughs).</i></p>
Smoking: opportunities	
Tolerance, indulgence and impact from family	<001> <i>Maybe there is usually not many talks with my dad at home. Once in a while, two of us enjoy a cigarette together.</i>
Offered cigarettes came from people around	<029> <i>When I started working, my colleagues and I handed them to each other. A colleague passes you one. You would be smoking even though you didn't want to. You can't do without a cigarette. So just buy a pack of cigarettes and give them to each other.</i>
Publicity has little effect of smoking cessation.	<p><004> <i>That's nicotine, and carbon monoxide, and stuff like that. I don't really understand it anyway. They say it's harmful. It's all about what they are saying. I don't really think about it. I believe that most people who smoke probably have this idea. They may choose to avoid, run away, and forget about them.</i></p> <p><006> <i>Frankly speaking, I didn't feel a thing. If he sells cigarettes, there's no use putting anything on them. I bought them already, don't I?</i></p>
COVID-19	<p><004> <i>Well...more (smoking), more likely to smoke. I think it's easier than ever because I'm staying at home for so much time.</i></p> <p><011> <i>It don't make any difference.</i></p> <p><022> <i>It does have a little effect, Because of the need to wear a mask, it is not convenient to smoke. So I smoked relatively less cigarettes</i></p>
Smoking cessation: opportunities	
Restrictions from girlfriend or wife	<013> <i>Another time, I was in a relationship. And my girlfriend hated smoking and forbade me from doing it.</i>
Family discipline	<025> <i>About smoking cessation, say, would because of the people around you, whether it is children or parents, because they can also influence you to quit.</i>
Supervisor	<001> <i>I feel like I have to have someone watching me all day. I can't do this on my own.</i>
Understanding and support from other smokers	<013> <i>There are a few more critical elements. I think it is the understanding and support of smokers around you. Generally, from my own experience, I have colleagues around me who wanted to quit smoking. Other colleagues would say that come on, why quit. Come on, here you are. Have one. This is, for the most part, can really affect the process of smoking cessation.</i>
Dissuaded from people around	<020> <i>I think the most important thing is my own willpower and the cooperation and supervision of people around me. I need the cooperation of people around me. Don't tempt me into smoking.</i>
Smoking cessation partners	<007> <i>All right, so we agreed that we quit smoking together. And then she smokes next to me every day. How hard it is for me.</i>

Job requirement	<i><020> This situation is hard to avoid. It would be better if you don't go out to socialize. As long as you go out, these situations are unavoidable. It's essential to change your social circle if you want to quit smoking. It's hard to quit if you've been in this situation all the time.</i>
Stay away from smoking environment	<i><011> Try to stay away from smoking when you quit. Because it's easy to relapses. Then it's about getting used to talking to people when you're not smoking.</i>
Government regulate	<i><008> Another is regulations made by government, If the penalties for smoking were the same as for drug use I think there would be fewer and fewer people who smoke.</i>
Suggestions to discourage young people from smoking	
Strengthen the education from parents	<i><030> Parents, adults, take care of children. This is useful.</i>
Cleaning up campus environment	<i><018> The campus propaganda. Too little is known about the dangers of smoking among teenagers. And the school only told them not to smoke but never talk about the dangers of smoking. It's not strong enough.</i>
Legislation to regulate the retail outlets of cigarettes	<i><007> In fact, I think the easiest way to prevent it is to include it in criminal law. Selling to teenagers or stuff like that is legally liable.</i>
Guide teenagers to set up appropriate values	<i><012> I don't think there is anything, particularly good methods. When children have the sense to make independent choices, parents can't control them. But both parents and school should strengthen the education of their cognition in this aspect. There's really no good way for society to do it.</i>
Psychological counseling	<i><026> For those who play cool or rebel require proper guidance to their values. And for the stressed ones, we give him an outlet to release pressure. For example, encourage him to do what he is interested in, instead of just putting him under that kind of pressure.</i>
Intensify control from school	<i><006> Like in our school, they are very strict about it. Basically, there was no one smoked at school. It's about school education.</i>
Enhancing education from school	<i><006> Mainly, school education. Because actually, I wasn't too young when I started smoking. Like a lot of people. In fact, if you did some research. Many people start smoking at a very young age. Maybe at 14, 15, or 13. I think it's the school's fault.</i>