Multimedia Appendix 1
Using social networking service to prevent smoking relapse:
Intervention guide

Schedule and themes of moderator’s posts:

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1 = Encourage to maintain abstinence; 2 = Importance of remaining abstinence; 3 = Prevent smoking triggers
4 = Handling withdrawal symptoms & lapse; 5 = Stress and mood management; 6 = Weight control
FU: Follow-up

Weekly contents:

Week 1

Monday - Greetings / Reminders and rules of the social group / Congratulation on quitting smoking


Friday - Ask the group members if they have encountered withdrawal symptoms
Week 2
Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage them to maintain abstinence / Mobile apps about smoking cessation created by Tobacco Control Office

Wednesday – Information about smoking lapse / Suggest coping strategies if lapse happens

Friday - Ask group members if they have experienced smoking lapse

Week 3
Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage to maintain abstinent / Video clip about quitting experience shared by an elderly ex-smoker (http://www.youtube.com/watch?v=XrVj9r65YrU)

Wednesday – Reminders about smoking cues that trigger smoking / Suggest tips of handling smoking cues

Friday – Ask group members if they have encountered smoking cues and how they have responded

Week 4
Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage to maintain abstinent / Website about an online smoking cessation aids (http://www.tco.gov.hk/iocc/index.html)

Wednesday - Reminders about smoking cues that trigger smoking / Suggest tips of handling smoking cues

Friday - Ask group members if they have encountered smoking cues and how they have responded

Week 5
Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage them to maintain abstinent / Video clip about two cases of successful quitting (http://www.youtube.com/watch?v=klFPoIdWgY0)

Wednesday – Reminders about habits that trigger smoking / how to kick out these habits
Friday - Ask group members if they have these habits and how they managed them

**Week 6**

Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage them to maintain abstinent

Wednesday – Remind them smoking is not good for coping emotional stress / Suggest methods of relieving stress / Introduce mobile apps of game for coping stress

Friday - Ask group members if they have stress and how they have coped stress

**Week 7**

Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage them to maintain abstinent

Wednesday – Explain why quitters have negative affect during abstinence / Suggest methods of coping negative affect / Video clip of a guided aerobic exercise ([http://www.youtube.com/watch?v=Sm_hxY7KBvA](http://www.youtube.com/watch?v=Sm_hxY7KBvA))

Friday - Ask group members if they have negative emotion after quitting

**Week 8**

Monday - Importance of remaining abstinence / Ask group members if they are abstinent / Encourage them to maintain abstinent / A music video clip which have revised lyrics about quitting ([http://www.youtube.com/watch?v=AghxMkILKVw](http://www.youtube.com/watch?v=AghxMkILKVw))


Friday - Ask group members if they gain weight