



Appendix 1

This appendix was part of the submitted manuscript and has been peer reviewed. It is posted as supplied by the authors.

Appendix to: Thomas DP, Bennett PT, Briggs VL, et al. Smoking cessation advice and non-pharmacological support in a national sample of Aboriginal and Torres Strait Islander smokers and ex-smokers. *Med J Aust* 2015; 202 (10 Suppl): S73-S77. doi: 10.5694/mja15.00293.

Appendix 1

Questions from Talking about the Smokes survey analysed in this paper

Questions	Comments
Cessation support	
<p>This section will talk about health services you may have been to. Have you seen a health worker, doctor, nurse or other health professional in the last year?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none">• Yes• No• <i>Refused</i>• <i>Don't know</i> <p><i>Other health professional could be a dentist, pharmacist or other allied health professional such as a nutritionist or physiotherapist</i></p>	
<p>In any of these visits (in the last year): Were you asked if you smoke?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none">• Yes• No• <i>Refused</i>• <i>Don't know</i>	Ask all who have seen a health professional in the last 12 months.

<p>Were you encouraged to quit smoking?</p> <ul style="list-style-type: none"> • Yes • No • <i>NA – only saw health professional after had quit</i> • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all who have been asked if they smoke</p>
<p>What type(s) of health professional did this? <i>Do not read responses – select all apply</i> <i>Choose One:</i></p> <ul style="list-style-type: none"> • <i>Doctor</i> • <i>Nurse</i> • <i>Aboriginal Health Worker or Community Worker (excluding workers with a major focus on smoking)</i> • <i>Tobacco Worker or somebody with a major focus on smoking</i> • <i>Other health professional, including dentist, pharmacist, allied health</i> • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all who were encouraged to quit</p>
<p>[Was this/were the] <insert answer/s from Q116> from an: <i>Choose One:</i></p> <ul style="list-style-type: none"> • Aboriginal Medical Service • Other health service • Both (only if more than one response to question above) • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all who were encouraged to quit</p>
<p>When you were encouraged to quit smoking: Were you given pamphlets or brochures on how to quit? <i>Choose One:</i></p>	<p>Ask all who were encouraged to quit</p>

<ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	
<p>Did you read this information?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Was it specifically for Aboriginal or Torres Strait Islander people?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Were you given information about quit smoking websites?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all who were encouraged to quit</p>
<p>Did you look up this website?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>

<p>Was it specifically for Aboriginal or Torres Strait Islander people?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Were you given a referral to the telephone Quitline service?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all who were encouraged to quit</p>
<p>Did you use this service?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Was it specifically for Aboriginal or Torres Strait Islander people?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Were you given a referral to a local quit program or course or group or special clinic?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes 	<p>Ask all who were encouraged to quit</p>

<ul style="list-style-type: none"> • No • <i>Refused</i> • <i>Don't know</i> 	
<p>Was this run by <insert health service>?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Did you go to this group/appointment?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If answer to question two above is yes.</p>
<p>Was this service specifically for Aboriginal or Torres Strait Islander people?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> • <i>Don't know</i> 	<p>If above answer is yes.</p>
<p>Have you sought out any information or quit services in the last 12 months?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • <i>Refused</i> 	

<ul style="list-style-type: none"> • <i>Don't know</i> <p><i>This is asking about information or services that were sought out independent of a health professional</i></p>	
<p>What type of information or quit service did YOU access? Do NOT read out responses. Check all that apply</p> <ul style="list-style-type: none"> • <i>Pamphlet or book on how to quit smoking</i> • <i>Quit smoking website</i> • <i>Telephone Quitline service</i> • <i>Local quit program of course or group or special clinic at [XXX]</i> • <i>Local quit program or course or group or special clinic run by other organisation</i> • <i>Other</i> • <i>Refused</i> • <i>Don't know</i> <p><i>If say support from family or friends, mention that we will talk about this further shortly, and ask if any other types of information or quit services were sought out</i></p>	<p>Ask all who have independently sought out cessation help.</p>
<p><i>[If one of first 6 responses to question above] Was it specifically for Aboriginal or Torres Strait Islander people?</i></p> <p><i>[If > one of first 6 responses to question above] Were any specifically for Aboriginal or Torres Strait Islander people?</i></p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • <i>Yes</i> • <i>No</i> • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all who gave one of first 6 answers to question above</p>

<p>'Quit support' means the information and/or services identified in question above.</p>	
<p>Which one/s? <i>Do not read out responses. Check all that apply</i></p> <ul style="list-style-type: none"> • Pamphlet or book on how to quit smoking • Quit smoking website • Telephone Quitline service • Local quit program of course or group or special clinic at [xxx] • Local quit program or course or group or special clinic run by other organisation • Other • Refused • Don't know <p><i>This is asking which information/support was specifically for Aboriginal or Torres Strait Islander people.</i></p>	<p>If >1 response to question two above and yes to question above.</p>
<p>Have family or friends provided support or encouragement to [quit/stay off the smokes]?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • Unable to identify family or friends • Refused • Don't know 	
<p>Smoking and quitting</p>	
<p>Would you say you are:</p> <ul style="list-style-type: none"> • A smoker (including 'social smoker' or occasional smoker) • An ex-smoker 	<p>These three smoking questions combined to generate smoking status variable:</p>

<ul style="list-style-type: none"> Someone who has never smoked, or never smoked regularly <p><i>Never smoker or never smoked regularly = less than 100 cigarettes in lifetime</i></p> <p><i>When we say smokes, we mean all types of tobacco. This includes cigarettes, pipes and cigars</i></p>	<ul style="list-style-type: none"> Daily smoker Weekly smoker Monthly Smoker Ex-smoker with quit date \leq 30 days ago Ex-smoker with quit >30 days and \leq 6 months ago Ex-smoker with quit date more than 6 months and \leq 12 months ago Ex-smoker with quit date $>$ 12 months ago Never smoked Less than monthly smoker
<p>(Ask if self-defined ex-smoker)</p> <p>How long ago did you quit smoking?</p> <ul style="list-style-type: none"> Days/weeks/months/years ago NA <p><i>When we say smokes, we mean all types of tobacco. This includes cigarettes, pipes and cigars</i></p>	
<p>(Ask if has smoked in last month , or if self-defined smoker)</p> <p>Do you smoke:</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> Every day (or nearly every day) At least weekly Less often than weekly, but at least monthly Occasionally (less than monthly); or Not at all NA <p><i>This is asking about current smoking – we want to know how much somebody is smoking at the moment, even if this is different from how much they usually smoke.</i></p>	
<p>Have you ever tried to quit smoking?</p> <p><i>Choose One:</i></p>	

<ul style="list-style-type: none"> • Yes • No • NA • <i>Refused</i> • <i>Don't know</i> 	
<p>How long ago was your [last] quit attempt?</p> <ul style="list-style-type: none"> • Days/weeks/months/years • NA • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all smokers who have tried to quit.</p>
<p><i>If only one quit attempt:</i> How long did you stay completely off the smokes for?</p> <p><i>If >1 quit attempt:</i> Of all the times you tried to quit smoking, what was the longest period you stayed completely off the smokes for?</p> <ul style="list-style-type: none"> • Hours/days/weeks/months/years • NA • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all smokers and ex-smokers quit for 12 months or less if made a quit attempt in last 5 years</p>
<p>We will now talk about quitting.</p> <p>Do you want to quit smoking?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No • NA • <i>Refused</i> • <i>Don't know</i> 	<p>Ask all smokers</p>
<p>Socio-demographic variables</p>	

<p>What is your date of birth?</p> <p>Or age:</p> <p><i>Answer must be 0 or greater:</i></p> <p><i>If says "don't know", ask the participant to estimate age in years</i></p>	<p>Used to derive variable – age in categories</p> <ul style="list-style-type: none"> • 18-24 • 25-34 • 35-44 • 45-54 • 55 and up
<p><i>Record sex – ask only if unsure</i></p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • <i>Female</i> • <i>Male</i> 	
<p>Do you identify as:</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Aboriginal • Torres Strait Islander • Both Aboriginal and Torres Strait Islander • Neither Aboriginal nor Torres Strait Islander 	<p>If answer neither Aboriginal nor Torres Strait Islander, survey is ended.</p>
<p>First a little bit about work.</p> <p>Are you employed for pay?</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Yes • No, looking for work (unemployed) • No, and not looking for work (not in labour force) • <i>Refused</i> <p><i>This is asking about whether the person is currently employed. If looking for work or not working at the moment answer "no, looking for work (unemployed)". If a pensioner and not looking for work answer "no, and not looking for work (not in labour force)</i></p>	
<p>What is the highest level of formal education that you have</p>	

<p>completed? Would that be...:</p> <p><i>Choose One:</i></p> <ul style="list-style-type: none"> • Primary school • Some high school (no certificate) • Completed high school • Technical or TAFE e.g. Certificate or Diploma • Some university (no degree) e.g. Diploma only, or not yet completed Degree • Completed university degree • Post-graduate degree • <i>Not completed primary school or no formal education</i> • <i>Refused</i> 	
<p>In the last 12 months, how often have you felt that you have been treated unfairly because you are <Aboriginal and/or Torres Strait Islander > ?</p> <ul style="list-style-type: none"> • All of the time • Most of the time • Some of the time • A little of the time • None of the time • <i>Refused</i> • <i>Don't know</i> 	
<p>What is the postcode where you live?</p> <p><i>Postcode of residence:</i></p>	<p>Postcode used to generate Australian Statistical Geography Standard (ASGS) remoteness category:</p> <ul style="list-style-type: none"> • Major city • Inner regional • Outer regional • Remote

	<ul style="list-style-type: none"> • Very remote <p>Postcode used to generate Area Level Disadvantage using Socio-economic Index (SEIFA) 2011 Index of Relative Disadvantage quintiles (Australian Bureau of Statistics (2013). 2033.0.55.001 - Socio-economic Indexes for Areas (SEIFA), Data Cube, 2011, Table 3)</p>
Policy monitoring survey – completed for each site	
<p>In the last 12 months, has your service received funding for tobacco control programs?</p> <ul style="list-style-type: none"> • Yes • No 	<p>These three questions combined to generate variable:</p> <p>Local health service has dedicated tobacco control resources:</p> <ul style="list-style-type: none"> • No • Yes, has dedicated resources
<p>In the last 12 months, has your service used any untied funds, or funds from sources other than that allocated specifically for tobacco control, to implement tobacco control programs?</p> <ul style="list-style-type: none"> • Yes • No 	
<p>Does your health service have staff position/s with a major focus on tobacco control?</p> <ul style="list-style-type: none"> • Yes • No 	

Talking about the Smokes surveys are available at <http://www.itcproject.org/countries/australia/tats>

Questions from International Tobacco Control (ITC) Australia replenishment surveys (Wave 5-8) analysed in this paper

Smoking and quitting	
Do you currently smoke cigarettes, either daily or less than every day? <ul style="list-style-type: none"> • Yes • No 	These smoking questions combined to generate smoking status variable: <ul style="list-style-type: none"> • Daily smoker • Weekly smoker • Monthly smoker • Quit in the last month. • Quit 1-6 months ago • Quit 6-12 months ago • Quit >12 months ago
Have you smoked 100 or more cigarettes over your lifetime? <ul style="list-style-type: none"> • Yes • No 	
(If smoked 100 or more cigarettes) Do you smoke every day or less than every day? <ul style="list-style-type: none"> • Every day • Less than every day 	
(If smokes less than every day) Do you smoke at least once a week? <ul style="list-style-type: none"> • Yes • No 	
(If does not smoke at least once a week) Do you smoke at least once a month? <ul style="list-style-type: none"> • Yes • No 	
Have you ever tried to quit smoking? <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	
You mentioned in your previous interview that you have tried to quit smoking before. How long ago did your most recent serious quit attempt	Ask if made a quit attempt

<p>END? (days/weeks/months/years ago)</p>	
<p><i>Interviewer note: Do not read out response options. Use option 3 only if respondent spontaneously says it. Any other form of NO should be coded no.</i></p> <p><i>[Smokers]:</i> Now I am going to ask about forms of help you might have received on your last quit attempt.</p> <p><i>[Ex-smokers]:</i> Now I am going to ask about forms of help you might have received on your current quit attempt.</p> <p>During ANY visit to a doctor or other health professional around the time of your quit attempt, did you receive advice to quit smoking?</p> <ul style="list-style-type: none"> • Yes • No • I did not visit a doctor or other health professional around the time of my last quit attempt • Refused • Don't know 	<p>Wave 8 only, not asked in waves 5-7 Ask if made a quit attempt</p>
<p>Did you receive pamphlets or brochures on how to quit?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>Wave 8 only, not asked in waves 5-7 Ask if yes to question above.</p>
<p>Now, asking about other forms of help, but still for this quit attempt. Did you use telephone or quit line services?</p>	<p>Wave 8 only, not asked in waves 5-7 Ask if made a quit attempt</p>

<ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	
<p>Did you use the internet -- i.e. a website about smoking cessation?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>Wave 8 only, not asked in waves 5-7 Ask if made a quit attempt</p>
<p>Did you use a local stop smoking service (such as clinics or specialists)?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>Wave 8 only, not asked in waves 5-7 Ask if made a quit attempt</p>
<p>Cessation help</p>	
<p><i>[If made a quit attempt]:</i> Earlier in the survey we asked you some questions about forms of help for your most recent quit attempt. I'm now going to ask you some questions about forms of help you did not use then, but may have used at some other time in the past 12 months. <i>[Otherwise]:</i> I'm now going to ask you some questions about forms of help you may have received about quitting.</p>	<p>Wave 8 only, not asked in waves 5-7</p>
<p><i>[Wave 8 only: If answer to question six above is yes]:</i> Earlier you told us about a visit to your doctor or health professional. Have you made any OTHER visits in the last 12 months? <i>[Otherwise]:</i> In the last 12 months,</p>	

<p>have you visited a doctor or other health professional?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	
<p>During ANY visit to the doctor or other health professional in the last 12 months, did you receive . . . Advice to quit smoking?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>Ask if seen a health professional in past 12 months.</p>
<p>On any visit to the doctor or other health professional in the past 12 months, did you receive pamphlets or brochures on how to quit?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>Ask if seen a health professional in past 12 months (and in Wave 8 only, do not ask if answer to question seven above)</p>
<p>In the last 12 months, have you received advice or information about quitting smoking from telephone or quit line services?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>In Wave 8 only, do not ask if answer to question seven above</p>
<p>In the last 12 months, have you received advice or information about quitting smoking from the Internet?</p> <ul style="list-style-type: none"> • Yes • No • Refused 	<p>In Wave 8 only, do not ask if answer to question seven above</p>

<ul style="list-style-type: none"> • Don't know 	
<p>In the last 12 months, have you received advice or information about quitting smoking from local stop-smoking services (such as clinics or specialists)?</p> <ul style="list-style-type: none"> • Yes • No • Refused • Don't know 	<p>In Wave 8 only, do not ask if answer to question seven above</p>

ITC Surveys are available at <http://www.itcproject.org/countries/australia>