

Quit Vaping CBT Manual

QUIT VAPING CBT

Training Manual

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Overview

Session	Name	Content
1	Decisional Balance	Identify personal reasons for vaping and wanting to quit as well as potential factors that reinforce continued use
2	Preparing for Quit Day	Define what triggers are, identify personal triggers, and learn how to avoid/navigate triggers when they occur; Learn how to utilize the 4Ds (delay, drink water, take a deep breath, and distract) to overcome cravings and set a quit day
3 (Quit Day)	Neurobiology of Addiction and Effects of Vaping	Learn about the neurobiology of nicotine addiction, as well as how addiction and nicotine impact the brain and body
4	Slips and Problem Solving	Define what slips are, identify the difference between a slip and a relapse, and identify and practice strategies to avoid or prevent slips from occurring
5	Dealing with Social Pressure While Quitting	Identify social situations where pressure to vape may emerge; Define and practice the REFUSE methods (R emind them that you have quit, E xplain or make an excuse, F ind another focus, U se a friend, S eparate yourself from the situation, E mpower yourself) to help mitigate social pressures to vape while trying to quit
6	Industry Tactics	Identify tactics the vaping industry uses to deceptively advertise and market to adolescents; Consider the ways the vaping industry uses marketing and advertisements to hook young people on vapes and create life-long customers and practice sharing this information with close family members and friends
7	Coping with Stress	Evaluate the relationship between stress and vaping, and practice using alternative ways to cope with stress that do not involve vaping
8	Rewarding Yourself for Your Successes	Identify the importance of rewarding successes, and how setting milestones during the quit journey can also serve as a powerful motivator; Practice setting, tracking, and celebrating milestones throughout the quitting process (e.g. one month quit, three months quit)
9	Staying Motivated	Assess motivation levels at various time points while quitting and identify strategies to boost motivation during inevitable hard times in the quit journey (e.g. tracking the amount of money saved since quitting)
10	Establishing a Healthy Lifestyle	Identify how incorporating healthy choices and habits into one's day to day routine can maintain one's quit; Begin to implement other aspects of a healthy lifestyle into daily routine
11	Changes that Come with Quitting	Discuss and reflect on the positive changes as well as challenges people may encounter when quitting vaping (e.g. being more active), and how these may influence a quit journey
12	Planning for long-Term You	Identify how to plan for the future when it comes to maintaining a long-term quit; Review skills and strategies learned during the program to maintain a vape-free life

Session 1: Decisional Balance

Objectives:

- Provide an overview of the sessions
- Review participant's vaping habits
- Identify participant's vaping goal after conclusion of the 12-week study
- Discuss session topic: Decisional Balance
- Introduce participant to the quit day
- Set a weekly goal
- Ask participant to summarize main points of session

Checklist (have these ready BEFORE the start of the study)

- Session 1 video (<https://quitvaping.mgh.harvard.edu/session-1-decisional-balance/>)
- Session 1 worksheet
- QuitVaping website
 - Contact page <https://quitvaping.mgh.harvard.edu/contact/>

First Complete: Data Collection before moving on

► Provide an Overview of the Sessions

COUNSELOR: We will be meeting weekly over the next 12 weeks to help you with your goals around vaping. Just like today, before each one of our meetings, you will meet with [CRC]. Then, we will meet for about 20 minutes to complete a few more assessments and then we will focus on a topic related to helping you quit vaping. Today's topic is common reasons why people vape and why they may want to cut down/stop vaping. Is there anything that you want to add to the agenda?

► REVIEW PARTICIPANT'S VAPING HABITS

COUNSELOR:

- Tell me about how you got into vaping.
- What are your current vaping habits (times per week, times per day, situations typically associated with vaping)?
- Have you ever quit vaping? What strategies did you use to quit? How long was your longest time quit from vaping? What got in the way of staying quit?

► IDENTIFY VAPING GOAL

COUNSELOR: At this moment in time, what would you like to accomplish by the end of our 12 sessions together regarding your vaping habits? We know some people want to quit completely, others want to cut down, how about you?

(Participant states goal).

That sounds great! Part of our agenda for each session will be to create a short-term goal for you to focus on that will help you get closer to your ultimate goal.

If the participant states that they are ready to quit soon, the counselor should affirm/encourage/commend the participant for creating this goal for themselves. Assure the participant that they are capable of achieving this goal and that you are there to support them.

COUNSELOR: It's really exciting to hear that your goal is to quit vaping. As a part of this program we encourage people to set a quit date for just before the third visit (about two weeks from now). We will talk more about your quit date next session. Like I mentioned earlier, we'll make a goal together to help you prepare for your quit day and we'll review the goal during the next session.

Just a reminder, if you ever would like to change the ultimate goal that you set for yourself for the study, we can always revisit this conversation.

If the participant states that they are not ready to quit yet, but do want to reduce, tell the participant that the decision is up to them and that you support them. Validate that quitting is not easy, and encourage the participant to think of ways they can reduce their vaping behavior.

COUNSELOR: I hear you. Quitting is hard! It's great that you're taking steps to reduce vaping, even though you're not quite ready to quit yet. Like I mentioned earlier, each week, we'll make a goal together to help you reduce vaping and we'll review the goal during the next session. I will also check-in with how you feel about quitting. If at any time you feel ready to quit, we can set-up a quit date. How does that sound?

Just a reminder, if you ever would like to change the ultimate goal that you set for yourself for the study, we can always revisit this conversation.

If the participant is not interested in cutting down or quitting at this point in time, the counselor can provide validation for the participant's decision and remind them that you are there to support them.

COUNSELOR: I hear you. Change is hard! Do you see yourself cutting down or quitting in the future?

If yes:

- Okay that's awesome! We can practice and strengthen skills in this program for the future when you are ready to cut down/quit, and that can be a part of the goals you set on a weekly basis.
- When you are ready, you can always revise the end-goal that you set for yourself!

If no:

- What made you join the study originally?
- What are you hoping to get out of the study?
- Other people have joined the study not intending to cut down. Once they begin to attend the sessions and learn more about their vaping habits, some of them have changed their mind. We just ask that you keep an open mind.

► **Session topic: Weighing the pros and cons of vaping and quitting**

COUNSELOR: The topic for this week is weighing the pros and cons of vaping as well as the pros and cons of quitting—something that’s called a decisional balance. We’ll watch a short video together to start, and then we’ll discuss.

***The next step is to watch the video associated with this session.

- Were there any parts that you could relate to your own experience? Which ones?
- Can you think of other things you like about vaping that were not mentioned in the video?
 - Knowing the aspects of vaping that make you want to continue vaping are just as important for the reasons why you want to quit. Knowing these things will help you prepare for your quit more effectively.
- What concerns do you have about quitting?
- In what ways do you think it’s helpful for someone to think about the positives and negatives of vaping?

***Probe if the participant does not provide details. You can respond by reflecting, normalizing, expressing empathy, and providing encouragement.

Reflecting: “So you don’t want to spend money on vaping any more? I totally understand that.”

Normalizing “A lot of people start vaping with the idea that they wouldn’t get addicted and before they know it they’re hooked. That is not your fault!”

Empathy “It’s difficult to deal with [stress]/[friend drama], so I can understand how vaping is a way of coping with that”

Encouragement: “Quitting vaping is hard. We are here to help you. I know you can do it.”

COUNSELOR: Here is the link (<https://quitvaping.mgh.harvard.edu/sessions/>) to all of the videos we will watch during our sessions and their respective worksheets. It will be helpful for you to bookmark this link for easy access on a weekly basis.

Here is the worksheet for this week (share screen). Every session, I will ask you to share your screen to discuss what you were able to come up with in completing this worksheet. What I’d like to ask you to do before the next session is to go to the website and complete your own decisional balance worksheet so we can review it next time. Some people find that it’s helpful to take time right after the session to fill this out while it’s fresh in their mind. Does that sound okay? Any concerns about being able to complete this worksheet before our next session?

► **Quit Day Introduction**

The counselor introduces the topic of setting a quit day before Visit 3. The counselor uses the participant's reaction to setting a quit day before Visit 3 to determine how to approach the discussion of setting a quit day.

COUNSELOR: Just a reminder, we usually have people set a quit date for sometime before our third session. You don't have to set a date right now, but think about this between now and our next session and we'll talk about it next week. How does that sound?

(If they're not quite ready to quit): Even if you are not ready to quit yet, we still encourage you to set a trial quit date so that when you do feel ready to quit for good, you get a sense of what you need to do in order to prepare for that.

► Set a goal for the coming week

Before wrapping up the session, the counselor should introduce the opportunity to set a goal for the coming week. The participant can set a goal each week that puts them closer to their ultimate goal they would like to achieve by the end of the 12 sessions.

COUNSELOR: So, what is one thing that you can work on in the next week that will get you one step closer to your ultimate goal?

(If the participant struggles to find ideas): For example, working to reduce vaping use each week by leaving your vape at home when you go out or delaying the time between when you wake up and hit your vape for the first time.

► Wrap-up

COUNSELOR:

What was your biggest takeaway from today's session? What is your goal for this week?

Great! I like what you got out of the session! I look forward to hearing how [counselor restates goal] goes when we meet next time.

As a reminder, the quit day will be before our third session. We will talk about this more next week. Do you have any final questions for me?

I look forward to working with you! Remember to complete the handout and be ready to share your screen in the next session so we can review your answers next time we see each other!

Counselors finish the session by summarizing what they have learned about the participant, as well as affirming any goals related to vaping reduction/cessation.

Session 2: Preparing for Quit Day

Objective:

- Check in on past week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 1 worksheet
- Discuss Session 2 topic: Preparing for Quit Day
- Discuss quit day
- Set a weekly goal
- Ask participant to summarize main points of session

Checklist (have these ready BEFORE the start of the study)

- Session 1 worksheet (for review if needed)
- Session 2 video (<https://quitvaping.mgh.harvard.edu/session-2-preparing-for-quit-day-triggers-and-alternatives/>)
- Session 2 worksheet

► Introduction:

COUNSELOR: Today's topic is about preparing for your quit day. Is there anything you would like to add to the agenda?

► Review of past week's vaping behavior and goal:

COUNSELOR: What has your vaping been like since I've seen you last?

The goal you had identified for this past week was _____. Tell me about how working on that goal went.

- *(If they achieved their goal)* Congratulations! That's so exciting. How did you achieve your goal?
 - What was the most difficult challenge over the past week?
 - How did you overcome [the challenge]?
- *(If they did not achieve their goal)* What do you think got in the way of achieving your goal?
 - What do you think you could do the next time around to overcome this challenge?
 - Do you think this was a feasible goal for you to set last week?
 - Would you be willing to try working on this goal again this week?

First Complete: Data Collection before moving on

► Session 1 worksheet:

COUNSELOR: Before jumping into the topic for this week, let's go over the decisional balance worksheet. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
- *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?

If participant is ready to quit:

- What is your biggest pro for **quitting** vaping?
- What is your biggest concern about **quitting** vaping when you are ready?

If participant is not ready to quit:

- Can you tell me your biggest con for **continuing** to vape?
- What is your biggest concern about **quitting** vaping when you are ready?

► Session topic

COUNSELOR: Now we will watch a video about preparing for your quit day and discuss personal strategies that will set you up for a successful quit. **Sound good?**

1. What stood out to you in the video?
2. What are your personal triggers?
3. How do you envision handling those triggers and not vaping?
4. Which of the 4 D's do you think would work best for you?
5. Are there any new strategies that you want to try?

Additional questions:

1. (If a participant tried to quit in the past) What made you start vaping again during your last quit? How would you address the situation today?

Counselors can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, making suggestions and brainstorming together how to overcome any obstacles.

If you already have an idea from previous sessions of what this participant's triggers may be, customize the questions to discuss these triggers.

COUNSELOR: Here is the worksheet for this week. Over the next week, I'd like you to think about situations where you find yourself craving a vape or times when it's hard for you not to vape. Think about how you can handle those situations without vaping. Think about what your strongest trigger may be. Consider how you can prepare for this situation without vaping. We'll talk about it at the beginning of our session next week. Sound good?

► Quit attempt discussion and plan

Set the stage for making a quit attempt. If the participant is not ready to quit yet, work with them to create a tangible goal they can complete in the upcoming week.

COUNSELOR: Next week is the quit week, we recommend that people set a quit day even if they are not sure they want to quit for good. By getting experience with quitting, you will learn to practice overcoming triggers and cravings without vaping.

Some people quit the day before we are scheduled for our visit so they can come in and have 24 hours to quit. Others decide to quit the night before, so that way they will be quit for 10-12 hours by the time of the session.

Which one of these do you want to try?

(If the participant is ready to quit)

COUNSELOR: Okay, that is really exciting! Let's talk about some of the steps you can take to prepare for your quit day (refer to the quit day checklist).

(If the participant is very unsure about quitting)

COUNSELOR: Is there anything that you're worried about that makes you unsure about setting a quit date next week?

- *(Jump into goal setting to help prepare for a quit date)* What is one thing that you can work on in the next week that gets you one step closer to being ready to quit?

(If participant does not want to set a quit date or they set a quit date further out)

COUNSELOR: What do you feel like you could work on in the upcoming week?

- How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
- What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
- What about leaving your vape at home when you go out for the day?

Next week we'll discuss how your goal went and create plans moving forward. Sound good?

► Quit checklist

If the participant is ready to quit, briefly review the quit day checklist with them.

COUNSELOR: We have a quit day checklist for you to help you out as you prepare to quit. We suggest you go through this list the week before your quit day to help you best prepare for your quit.

The first point is the importance of getting rid of your vape. **Do you know what you'll do with your vape before you quit?** *(looking for response: throw it away or give to a friend)*

(Participant is not willing to throw out vape)

COUNSELOR: How about you hide it somewhere where it's difficult to access, like in the attic or on the top shelf of a closet? You could even give it to your friend to hide in your house, that way you haven't gotten rid of it completely, but you won't know where it is.

Do you have a go-to person in mind that you're going to tell that you're quitting?

(It is up to the counselor's discretion to ask follow-up questions regarding support)

- *(If yes):* What are you going to say to them?
- *(If yes and they told them):* What did they say?
- *(If no):* Who do you think could be your go-to person? What do you anticipate they will say?

The last part of the quit day checklist is creating a list to remind yourself your top reasons for quitting.

Do you have any questions about the checklist? Great. Now you have a gameplan!

► **Wrap-up/GOALS**

COUNSELOR:

1. Assess changes to cravings/effects of vaping:

- Have you noticed any changes to your cravings/the way you have felt when not vaping?

(If participant is ready to quit) Before we wrap up for today, can you tell me what your plan is for your quit day?

(For those not ready to quit yet, but ultimately want to quit) Before we wrap up today, what is one goal can you work towards in the next week that will put you one step closer to quitting vaping?

(For those not ready to quit and who's ultimate goal is to cut down) What is your goal for this week? What steps will you take to bring you closer to achieving your goal?

By the time we meet next week, you will have not vaped in XX hours.

Do you have any final questions for me?

Amazing. I KNOW you can do this. Look forward to seeing you next week - don't forget to fill out your worksheet!

Session 3: Quit Day and Neurobiology and Drug Effects of Vaping

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Discuss how quit day went
- Review Session 2 worksheet
- Discuss Session 3 topic: Quit Day and Neurobiology and Drug Effects of Vaping
- Set a weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 2 worksheet (in case they did not complete the homework)
- Session 3 video (<https://quitvaping.mgh.harvard.edu/session-3-neurobiology-and-drug-effects/>)
- Session 3 worksheet

► Review quit

The participant could be vape-free anywhere from a couple of hours to a few days. They may feel excited and proud of themselves, but they could also be irritable due to withdrawal symptoms. They could also be upset because they already slipped. Common issues include: a) not setting a quit date, b) forgetting about the quit date, c) changing their mind about their quit date because they determined the timing was not good, d) not getting rid or hiding vaping equipment.

Make sure you congratulate them on how many days/hours they have been quit and ask about the strategies they used to be successful. Encourage them to keep going.

If participants are struggling with withdrawal symptoms, were unable to quit, or unable to achieve their reduction goal from the previous session, this next section will guide you on how to navigate these conversations with the participant.

If they were unable to quit, reassure them that it is okay, that multiple quit attempts are normal and does not mean that they will not be successful in their effort to quit. The important thing is that you can both learn from this experience and figure out how to set them up for success the next time. Ask them about what got in the way of their goal. Troubleshoot and work on setting another goal for the coming week, ideally another quit date, and/or alternatively a plan to practice skills to reduce vaping.

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we'll be talking about the neurobiology of vaping. Do you have anything you'd like to add to the agenda?

Okay, let's talk about the goal that you set for yourself last week...

1. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

2. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

1.1 If they followed through with their quit plan:

Amazing! Congratulations. Reflect back how many days/hours they have been quit.

- What about your quit has been going well?
- What challenges have you experienced?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? *or* How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?

1.2. If they did not follow through with their quit:

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What were the barriers that got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

1.3 If they forgot their quit day:

- What would help you to remember your quit next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)

1.4 If they changed their mind about the quit day because they decided the timing was not good:

- What has happened in the past week that caused you to change your mind?
 - *If they felt like they are not capable of quitting:* What makes you think that you are unable to quit?
 - What do you think would be helpful to boost your confidence in your ability to quit?
 - *If they felt like they weren't ready/prepared:* What do you think would be helpful to discuss/talk about that would adequately prepare you for quitting?

2.1 If they met their reduction goal:

Amazing! Congratulations

1. How did you achieve this goal?
2. What challenges have you experienced?
3. Did you use any of the skills you learned to help you with your reduction goal?

2.2 If they did not meet their reduction goal:

1. What were the barriers that got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
2. Do you have any worries or concerns about reaching your reduction goal?

Assess withdrawal symptoms:

Discuss any withdrawal symptoms they are experiencing currently (or symptoms they experienced which caused them to vape after stopping vaping). Remind the participant that these feelings are only temporary and will become more manageable in the upcoming days as they stay off of nicotine, but that if they restart nicotine, this will “reset the clock” and they will need to go through that process again.

COUNSELOR: How have you been feeling since quitting? Have you experienced anything positive since quitting? What about anything unpleasant? (*look for withdrawal symptoms like irritability, headaches, anxiety, anger, etc...*)

If they have identified withdrawal symptoms: These feelings are completely normal! I can only imagine they must be difficult to deal with, but you are doing a great job pushing through. The worst will last for 3 days, and you should notice a significant decrease in these withdrawal symptoms within 2 weeks! This is also a HUGE motivator to keep going - remaining quit means you won't have to experience these nicotine withdrawal symptoms again and every day it will get better.

In the meantime, let's work on ways to alleviate these symptoms.

- *Headaches...* try taking some advil and make sure to stay hydrated.
- *Anger/irritability...* What do you like to do to decompress? (Ex. remove yourself from the triggering situation or environment and take some time to relax)
- *Anxiety/stress/nervousness...* what do you like to do when you're experiencing anxiety/stress/nervousness? (Ex. try listening to music or putting on your favorite tv show. Or keep busy by going on a walk or calling a friend)

If they have not experienced any withdrawal symptoms: That's great to hear that you're not experiencing any negative symptoms associated with quitting/reducing! Are there any symptoms you anticipate you will experience that you want to plan ahead for?

First Complete: Data Collection before moving on

► **Session 2 worksheet:**

COUNSELOR: Let's review the worksheet you completed last week. Were you able to complete the worksheet?

- (*If yes*) Can you share the completed worksheet on your screen?
 - (*If no*) Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?
1. What did you identify as your triggers to vape? What are your plans for overcoming them? Did you use any of these strategies since our last session?
 2. Why do you anticipate that _____ will be your biggest trigger? How do you plan to overcome this trigger? What will you do if your initial plan isn't working?

► **Session topic**

COUNSELOR: Now let's watch today's video on the neurobiology of vaping.

1. What did you think about the video?
2. Did anything stand out to you that you didn't know already?
3. Is there anything in the video that is motivating you to quit/stay quit/reduce vaping?

Counselors can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: Here is the worksheet for this week. It is a small quiz for you to test your vaping knowledge. Please complete this before the next session and we'll review it when we meet next week! Some people decide to share a fact about vaping that they learned with someone else, so if you have the opportunity to do that, go for it and we'll talk about it next week.

► **Wrap-up/GOALS**

As you wrap up the session, circle back to what was discussed at the beginning of the session and create a goal for the coming week.

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - (If yes) Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - (If no) Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - If they're not sure:
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- (If yes) Do you have any ideas in mind?
 - (If no) Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider

thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - (If yes, go to section 1.2)
 - (If no, go to section 2.2)

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - (If yes - see sub-bullets for suggestions) Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
 - (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end today?

Okay great. Can you wrap us up by sharing your biggest takeaway from today's session and what your goal for the next week is?

Example phrases to help encourage and motivate participant: Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Session 4: Slips and Problem Solving

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 3 worksheet
- Discuss Session 4 topic: Slips and Problem Solving
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 3 worksheet (in case they did not complete the homework)
- Session 4 video <https://quitvaping.mgh.harvard.edu/session-4-slips-and-problem-solving/>
- Session 4 worksheet

► Review goal:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we'll be talking more about slips and problem solving. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

- 1. If they stayed quit:**
 - Your goal was to stay quit, how did that go?
- 2. If they set a quit date:**
 - You planned to stop vaping on [date]. How did it go?
- 3. If they set a reduction goal:**
 - Your goal from last week was to [reduction goal]. How did that go?
- 4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).**
 - Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? *or* How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

First Complete: Data Collection before moving on

► **Session 3 worksheet**

COUNSELOR: Let's review the quiz you completed from last time. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
- *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?

This looks great. Did you get a chance to share a vaping fact with someone?

- *(If yes)* What did they think about the fact?
- *(If no)* Pretend like I have never heard of this information before. What is an interesting fact you would tell me?

► **Session topic:**

COUNSELOR: Today's video is about slips people may experience during their quit, as well as how to problem solve for these situations. Let's take a look!

(If participant has had a slip, make relevant to them [e.g., "As you know from your experience, slips are a normal part of quitting vaping."])

1. What did you think of the video?
2. Did anything stand out to you that you didn't already know?
3. Are there any tips that you learned from the video that you could apply to your past slips?
4. *(If a participant experienced a slip):* You mentioned earlier in our session that you slipped because of [reason]. What could you do in this situation next time to prevent a slip?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: Here is the worksheet for this week.

1. If they are quit:

- If you do happen to slip between now and our next visit, record it on this worksheet. Think about what triggered it, and plan for how you can overcome the situation the next time.
- If you do not have a slip, think about a situation that *could* occur in the future that might put you at risk for a slip. How will you prepare for it to avoid a slip?

2. If they are not quit:

- I'd like you to envision a future where you are quit, then think about a situation that *could* occur and that might put you at risk for a slip. How will you prepare for it to avoid slipping up?

► **Wrap-up/GOALS**

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - (If yes) Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - (If no) Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?

o If they're not sure:

- How about quitting the night before we meet next week?
- How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- (If yes) Do you have any ideas in mind?
 - (If no) Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - (If yes, go to section 1.2)
 - (If no, go to section 2.2)

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - *(If yes - see sub-bullets for suggestions)* Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
 - *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end today?

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

How are you feeling? *(with the opportunity to reflect)*

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 5: Refusal Skills, Self-Advocacy Skills, and Dealing with Social Pressures While Quitting

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 4 worksheet
- Discuss Session 5 topic: Refusal Skills
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 4 worksheet (in case they did not complete the homework)
- Session 5 video <https://quitvaping.mgh.harvard.edu/session-5-refusal-skills-self-advocacy-skills-and-social-p pressures-while-quitting/>
- Session 5 worksheet

► Review quit/session 4 worksheet

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we'll be talking about strengthening your refusal skills when someone offers you to vape. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

1. If they stayed quit:

- Your goal was to stay quit, how did that go?

2. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

3. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).

- Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.

- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? or How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

First Complete: Data Collection before moving on

► Session 4 worksheet

COUNSELOR: Let's take a look at last week's worksheet. Did you experience any slips this week?

1.1 If the participant is quit:

- *(If no & quit)* Amazing, great job! That's incredible. Were there ever any times that you were tempted to vape? How did you avoid slipping?
- *(If no & quit)* How about things that you can imagine would put you at risk of vaping in the future? (If the participant is having difficulty, prompt them to think about changes in weather, holidays, certain types of social activities, (i.e.,concerts), anticipating or completing big projects at work or school, seeing old friends, vacations.)
- *(If yes)* Let's take a look at your worksheet.
 - What triggered you to vape?
 - How might you avoid this situation next time?
 - Slips are a learning experience, and it really looks like you made the most out of it. I'm happy to hear that you have already set up a plan for the next time you are in this situation.

1.2 If the participant is not quit:

- In the future, what do you think could be the source of a potential slip for you?
- How could you successfully navigate that situation without vaping?

► Session topic:

COUNSELOR: This session we'll watch a video that will help you develop strong refusal and self-advocacy skills when you're in situations where someone may ask if you want to vape.

1. What did you think of the video?
2. Do you often find yourself in situations where people are vaping and those people are offering you a hit? *(If yes, see a, b, and c. If no, go to point #3).*
 - Are there any tips that you learned from the video that you could apply to your own life?
 - What method would work best for you if someone was offering you a hit?
 - Can you give me an example of how you would use the strategy 'explain or make an excuse' to avoid a time when someone is offering you a hit? How would you say it? Pretend I'm the person offering you the hit or encouraging you to vape and put it in your own words...
3. How could you apply the REFUSE method in....
 - Situations where you find yourself wanting to ask for a hit of someone's vape?
 - Situations where you are experiencing cravings?
 - Situations where you are feeling triggered to vape?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: Here is the worksheet to finish for next week. It has the REFUSE model at the top to remind you of ways that you can refuse a vape. At the bottom, I'd like you to think of ways that you could respond in these hypothetical situations. If these situations don't feel applicable to you, come up with your own scenarios where you can apply these skills. Some people do not often encounter pressure from others to vape, but they find that they need to develop skills to respond to their own thinking that they can or should give themselves permission to vape. Thoughts like "I deserve this." or "Tonight is a special occasion, I'll just quit again tomorrow."

► Wrap-up/GOALS

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - *(If yes)* Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - *(If no)* Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - *If they're not sure:*
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- *(If yes)* Do you have any ideas in mind?

- (If no) Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - (If yes, go to section 1.2)
 - (If no, go to section 2.2)

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - (If yes - see sub-bullets for suggestions) Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
 - (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end for today?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 6: Industry Tactics

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 5 worksheet
- Discuss Session 6 topic: Industry Tactics
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 5 worksheet (in case they did not complete the homework)
- Session 6 video <https://quitvaping.mgh.harvard.edu/session-6-industry-tactics/>
- Session 6 worksheet

► Review quit:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. Today we will be talking about industry tactics and the ways that Big Vape creates life-long customers. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

1. If they stayed quit:

- Your goal was to stay quit, how did that go?

2. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

3. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).

- Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?

- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? *or* How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?

- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

First Complete: Data Collection before moving on

► **Session 5 worksheet**

COUNSELOR: Did you use any refusal skills in the last week? What was the situation? What did you do? How did it work out? Were there situations where you could have used a refusal skill but didn't? What made it difficult?

► **Session topic:**

COUNSELOR: This session we'll watch a video on vaping industry tactics and the ways Big Vape uses advertising and marketing to hook you on vapes.

1. What did you think about the video?
2. Did you know of some of these industry tactics when you first started vaping?
 - (If yes) What made you keep vaping despite this?
 - (If no) If someone had told you about these industry tactics before you started vaping, would that have changed your decision to pick up vaping?
3. What part shocked you the most? Was there any new information in the video that could help you in your effort to quit vaping?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: Here is the handout this week. It has a summary of main points covered in the video.

This week, I'd like you to think about the most interesting or shocking fact you learned in the video and share it with someone. This could be a family member, a friend, or your "person" that you've told that you've quit. Remember how they react to the fact and we'll talk about it next week! Sound good?

Do you have any questions for me?

► Wrap-up/GOALS

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - *(If yes)* Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - *(If no)* Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - *If they're not sure:*
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- *(If yes)* Do you have any ideas in mind?
 - *(If no)* Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - *(If yes, go to section 1.2)*
 - *(If no, go to section 2.2)*

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - *(If yes - see sub-bullets for suggestions)* Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.

- What about leaving your vape at home when you go out for the day?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end the call?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 7: Coping with Stress

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 6 worksheet
- Discuss Session 7 topic: Coping with Stress
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 6 worksheet (in case they did not complete the homework)
- Session 7 video <https://quitvaping.mgh.harvard.edu/session-7-coping-with-stress/>
- Session 7 worksheet

► Review quit:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi participant, how are you? Good to see you again. This week we'll talk about common stressors related to vaping, as well as ways to potentially relieve this stress. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

- 1. If they stayed quit:**
 - Your goal was to stay quit, how did that go?
- 2. If they set a quit date:**
 - You planned to stop vaping on [date]. How did it go?
- 3. If they set a reduction goal:**
 - Your goal from last week was to [reduction goal]. How did that go?
- 4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).**
 - Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- What are you most proud of?

- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? or How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

First Complete: Data Collection before moving on

► **Session 6 worksheet**

COUNSELOR: Did you tell someone about an interesting Big Vape industry tactic?

- *(If yes)* What did they say?
- *(If no)* Pretend I know nothing about Big Vape's industry tactics. What fact would you share with me?
 - What makes this the fact you would share?

► **Session topic:**

COUNSELOR: Now we'll watch the video on vaping and stress. Think about how this video may apply to your own life.

1. What did you think about the video?
2. Do you use vaping as a way to cope with stress? *(If yes go to a, b, and c)*
 - In our earlier sessions, you mentioned that vaping helps relieve your stress, can you think of ways that vaping has *caused* you stress?
 - How have you been coping with your stress since quitting vaping?
 - What can you do to relieve your stress next time instead of vaping?
3. *(If participant is struggling to cope with stress without vaping):*
 - What activities/strategies/approaches to dealing with stress could you try out in the next week?
4. Has quitting/reducing had any impact on your stress levels?
 - *(If participant reports increased stress levels):* That must be really difficult to handle. What are some ways that you have found yourself dealing with these increased levels of stress?
 - *(If participant believes stress is related to withdrawal symptoms):* While you may be experiencing increased levels of stress right now, elevated stress experienced early on in your quit will likely subside the longer you stay abstinent. Hang in there, you are doing a good job!

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: Here is the handout this week. I would like you to identify ways that vaping has relieved or induced stress in your life. Also, make a note if any of the example stress relievers would work for you. If you have already used your own tactics for stress relief, write those down as well! Do you have any questions?

► **Wrap-up/GOALS**

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - *(If yes)* Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - *(If no)* Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - *If they're not sure:*
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- *(If yes)* Do you have any ideas in mind?
 - *(If no)* Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - *(If yes, go to section 1.2)*
 - *(If no, go to section 2.2)*

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?

- *(If yes - see sub-bullets for suggestions)* Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
- *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end the call?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

How are you feeling? *(with the opportunity to reflect)*

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 8: Rewarding Yourself for Your Successes

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 7 worksheet
- Discuss Session 8 topic: Rewarding Yourself for Your Successes
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 7 worksheet (in case they did not complete the homework)
- Session 8 video <https://quitvaping.mgh.harvard.edu/session-8-rewarding-yourself-for-your-successes/>
- Session 8 worksheet

► Review quit:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we'll talk about the importance of rewarding yourself for your successes. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

1. If they stayed quit:

- Your goal was to stay quit, how did that go?

2. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

3. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).

- Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?

- (If applicable) How can you overcome those challenges next time?
- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? or How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?

- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

First Complete: Data Collection before moving on

► **Session 7 worksheet**

COUNSELOR: Let's take a look at your worksheet. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
- *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?

It's really interesting that you have identified that vaping causes you stress with [mention participant's own idea].

I see that you mentioned [WAYS] to relieve stress. Have you used any of these tactics since I saw your last? Awesome. What worked best for you?

It's so great that you're discovering a way to cope with stress without vaping. It is difficult, but you are doing a great job figuring this out.

► **Session topic:**

COUNSELOR: Now we'll watch a video on how to reward yourself for your successes.

1. What did you think about the video?
2. How might you reward yourself for quitting/cutting down?
3. Remember that it is so valuable to celebrate the small wins. You're already noticing that you're [state some positives previously mentioned]. That is a tremendous achievement and is worth celebrating!
4. Rewards don't always have to be monetary. How can you reward yourself without spending money?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: This week, I'd like you to think about how you'll reward yourself for achieving these milestones. If you have already quit for longer than one month, write down how you celebrated this incredible achievement. If you didn't celebrate, then we need to celebrate together over the call!

If these milestones don't feel particularly relevant to you, then create your own milestones that you would like to reward yourself for. We will circle back next week about this! Do you have any questions?

► **Wrap-up/GOALS**

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - (If yes) Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - (If no) Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - If they're not sure:
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- (If yes) Do you have any ideas in mind?
 - (If no) Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - (If yes, go to section 1.2)
 - (If no, go to section 2.2)

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?

- *(If yes - see sub-bullets for suggestions)* Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Before we end today, what's your biggest takeaway from this session? What is/are your goal(s)? Any questions for me before we end the call?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 9: Staying Motivated

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 8 worksheet
- Discuss Session 9 topic: Staying Motivated
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 8 worksheet (in case they did not complete the homework)
- Session 9 video <https://quitvaping.mgh.harvard.edu/session-9-staying-motivated/>
- shsheet

► Review quit:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we'll talk about potential dips in motivation, as well as how to keep your motivation levels high. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

1. If they stayed quit:

- Your goal was to stay quit, how did that go?

2. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

3. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).

- Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?

- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? *or* How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?

- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

First Complete: Data Collection before moving on

► **Session 8 worksheet**

COUNSELOR: Let's take a look at your worksheet from last week. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
- *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?

If the participant has reached any of their identified milestones:

- Congratulations on being [days/weeks/months] quit!
- Did you get a chance to celebrate?
 - *(If yes)* How did it feel to celebrate your success?
 - What did you do to celebrate?
 - *(If not)* Is there a reason why you were unable to celebrate?
 - What can you do over the next week to make this a priority?

If the participant has yet to reach any of their identified milestones:

- How do you feel about these milestones and their rewards?
- How did you find outlining your milestones and rewards impact your motivation to quit/stay quit/continue towards your goal(s)?

These look like great goals, I'm so glad you took the time to think of some!

► **Session topic:**

COUNSELOR: Now we'll watch a video on how to stay motivated. It's common for motivation levels to fluctuate during a quit.

1. What did you think about the video?
2. How motivated do you feel right now to continue your quit/maintain your life as a non-vaper?
 - How would you rate your motivation to continue pursuing your ultimate goal of cutting down/quitting, if you had to do so on a scale of 1 (not motivated at all) to 10 (extremely motivated)?

- *(If lower than 7)* What do you think you could try as a way to increase your motivation?
- *(If close to a 10)* What do you think is keeping you from being a 10?
- 3. Was there anything that stood out to you in the video as something you'd like to apply or have applied already to your own life?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: This week, I'd like you to identify three ways you are staying motivated during your quit journey. If you're stuck, there are some examples below to help get the ideas flowing.

► Wrap-up/GOALS

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - *(If yes)* Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - *(If no)* Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - *If they're not sure:*
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- *(If yes)* Do you have any ideas in mind?
 - *(If no)* Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - *(If yes, go to section 1.2)*
 - *(If no, go to section 2.2)*

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - (If yes - see sub-bullets for suggestions) Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
 - (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end the call?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 10: Establishing a Healthy Lifestyle

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 9 worksheet
- Discuss Session 10 topic: Establishing a Healthy Lifestyle
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 9 worksheet (in case they did not complete the homework)
- Session 10 video <https://quitvaping.mgh.harvard.edu/session-10-establishing-a-health-lifestyle/>
- Session 10 worksheet

► Review quit:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we are going to talk about establishing a healthy lifestyle. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

- 1. If they stayed quit:**
 - Your goal was to stay quit, how did that go?
- 2. If they set a quit date:**
 - You planned to stop vaping on [date]. How did it go?
- 3. If they set a reduction goal:**
 - Your goal from last week was to [reduction goal]. How did that go?
- 4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).**
 - Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- What are you most proud of?

- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? or How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

► **Session 9 worksheet**

COUNSELOR: Let's take a look at the worksheet from last week. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
 - *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?
1. These are great ways to keep yourself motivated! Have you found yourself using these tactics to maintain/increase motivation over the past week?
 - *(If yes)* How effective do you think ____ was?
 - *(If no)* What got in the way of you trying ____ as a way to maintain/increase motivation?
 2. Can you tell me about a time since I last saw you where you may have felt like giving up on your cut-down/quit goals?
 - How did you push through despite that thought?

► **Session topic:**

COUNSELOR: Today we're going to talk about how to establish a healthy lifestyle. Creating healthy habits in all aspects of your life will help you remain quit/be better prepared when you quit.

1. What did you think about the video?
2. Are there suggestions mentioned in the video that you already do in your day-to-day life?
3. Can you think of any healthy habits that you used to maintain regularly?
 - *(If yes)* In retrospect, how did this healthy habit impact your day-to-day life?
 - *(If yes)* How has vaping impacted your ability to maintain this/these habit(s)?
4. Which suggestions would you be interested in implementing in your own life?
 - How can you feasibly implement this/these habit(s) in the next week?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: *[Share screen with worksheet]* This week, I'd like you to implement at least one (up to 3) new healthy habit(s) into your life. If there are habits you would like to continue maintaining, feel free to track those. There are some suggestions on the worksheet, but feel free to make up one yourself. New habits are formed with consistency. Try to accomplish your goal every day of the week and mark it off with a check! Do you have any questions?

► **Wrap-up/GOALS**

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - *(If yes)* Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - *(If no)* Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?
 - *If they're not sure:*
 - How about quitting the night before we meet next week?
 - How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- *(If yes)* Do you have any ideas in mind?
 - *(If no)* Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - *(If yes, go to section 1.2)*
 - *(If no, go to section 2.2)*

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - *(If yes - see sub-bullets for suggestions)* Awesome, that sounds great. I am excited to hear how this goes over the next week!

- How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
- What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
- What about leaving your vape at home when you go out for the day?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end the call?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week.

Session 11: Changes that Come with Quitting

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 10 worksheet
- Discuss Session 11 topic: Establishing a Healthy Lifestyle
- Set weekly goal
- Ask participant to summarize main points of session and reiterate goals for the upcoming week

Checklist (have these ready BEFORE the start of the study)

- Session 10 worksheet (in case they did not complete the homework)
- Session 11 video <https://quitvaping.mgh.harvard.edu/session-11-changes-that-come-with-quitting/>
- Session 11 worksheet

► Review quit:

Review the participant's goal(s)/quit from the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant], how are you? Good to see you again. This week we are going to talk about changes that come with quitting. Do you have anything you'd like to add to our usual agenda?

Okay, let's talk about the goal that you set for yourself last week...

1. If they stayed quit:

- Your goal was to stay quit, how did that go?

2. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

3. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).

- Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?

- (If applicable) How have you overcome those challenges?
- (If applicable) How can you overcome those challenges next time?
- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things since being quit with slips?
- What did you learn about yourself and how your slips have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? or How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome this the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?

- What challenges have you experienced?
- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

► **Session 10 worksheet**

COUNSELOR: Let's take a look at your worksheet from last week. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
- *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?

1. *If they chose to implement new healthy habits*

- Which new healthy habits did you try this week?
 - How did it go?

2. *If they chose to maintain existing healthy habits*

- Which habits did you work towards maintaining?
 - How did it go?

3. *If they didn't identify/track any new or existing healthy habits*

- What barriers prevented you from identifying and tracking a new/existing healthy habit?
- What changes can you make to your day-to-day routine to create time/space to dedicate towards a new/existing healthy habit?

4. Have you noticed any positive changes since implementing your healthy habits?

► **Session topic:**

COUNSELOR: Today we're going to talk about the physical, social, and emotional changes that come with quitting. We'll talk about the video afterwards. How does that sound?

1. What did you think about the video?
2. You mentioned earlier in our session(s) that you've noticed a change in [explain change - breathing, taste, etc...]. Have you noticed any social or emotional changes in your life?
3. Is there a change in your life that you were expecting after quitting but it didn't happen yet?
4. Have you experienced any changes since cutting down? What are they?

Counselor can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty, suggesting and brainstorming together.

COUNSELOR: This week, I'd like you to reflect on the changes you've noticed since cutting down/quitting. They could be positive changes or challenges you've had to navigate over the past weeks.

► **Wrap-up/GOALS**

COUNSELOR:

Goal-Setting:

1.1 If they followed through with their quit:

- Are you on board with working to keep your quit attempt going over the next week?
 - (If yes) Amazing. You are doing an INCREDIBLE job. I know you can do this.
 - (If no) Refer to section 1.3 and explore setting a reduction goal.

1.2 For those who are open to setting a new quit date:

- When would you like to set your next quit day for?

o If they're not sure:

- How about quitting the night before we meet next week?
- How about quitting the day of our meeting next week?

1.3 For those who have not quit and do not want to set a quit date

- What do you think about setting a goal to cut down this week?
- (If yes) Do you have any ideas in mind?
 - (If no) Is it alright with you if I provide some suggestions? We can brainstorm ways together. Some people try to stop vaping in one place where they typically vape (for example, at work). Others try to hold themselves accountable to using fewer pods during the week, or delaying the time when they first use their vape each day. How do you feel about trying one of those?
- (If no) Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. It can also help bring you one step closer to quitting. Would you consider thinking about potential goals you could make for yourself this week and we can talk about it next week?

2.1 If they met their reduction goal:

- What goal would you like to set for yourself this week?
- (Gauge if they're open to setting a quit day) What do you think about trying to quit again before our next session?
 - *(If yes, go to section 1.2)*
 - *(If no, go to section 2.2)*

2.2 If they did not meet their reduction goal:

- How do you feel about setting a new reduction goal that will get you one step closer to feeling prepared to quit?
 - *(If yes - see sub-bullets for suggestions)* Awesome, that sounds great. I am excited to hear how this goes over the next week!
 - How about cutting down some of the times you vape each day? Maybe during an afternoon break if you feel like you need to vape, practice delaying vaping by 10 minutes.
 - What about seeing how long you can go in one day without vaping? See how long you can resist your urge to vape. Every day, try to extend that period of time a little longer.
 - What about leaving your vape at home when you go out for the day?
 - *(If no)* Okay, it is up to you. Setting small goals can be extremely helpful in using the skills you learned in your day-to-day life. Would you consider thinking about potential goals you could make for yourself?

COUNSELOR: Any questions for me before we end the call?

Examples of affirmations:

Great, you are doing amazing.

You should be so proud of yourself.

You have accomplished so much already.

Don't get discouraged. This isn't easy! You are doing a great job.

Before we wrap-up, let's go over the game plan for this week. What are you going to do until I see you next?

So this week you said you will work on your goal to _____. Don't forget to complete the worksheet!

Looking forward to seeing you next week for our last session!

Session 12: Planning for the Long-Term You

Objective:

- Check in on last week's vaping behavior
- Follow-up on participant's goal around vaping from the previous week
- Review Session 11 worksheet
- Discuss Session 12 topic: Planning for a Long-Term You
- Ask participant to summarize main points of session

Checklist (have these ready BEFORE the start of the study)

- Session 11 worksheet (in case they did not complete the homework)
- Session 12 video <https://quitvaping.mgh.harvard.edu/session-12-planning-for-a-long-term-you/>
- Session 12 worksheet

► Review quit:

Review the participant's goal(s)/quit over the past week. If they have recently quit, use the questions that were mentioned in session three: [CBT Sessions](#) (click)

COUNSELOR: Hi [participant]! You've made it! Welcome to the last session. How are you feeling? You have come SO far and accomplished so much. I am so proud of you.

This week we are going to talk about planning for the future and maintaining your life as a non-vaper.

Okay, let's talk about the goal that you set for yourself last week...

1. If they stayed quit:

- Your goal was to stay quit, how did that go?

2. If they set a quit date:

- You planned to stop vaping on [date]. How did it go?

3. If they set a reduction goal:

- Your goal from last week was to [reduction goal]. How did that go?

4. If their goal was something other than quitting/cutting down (e.g., ID triggers, abstain in certain situations/environments, combat triggers, use skills, etc).

- Your goal from last week was to _____. How did that go?

1.1 If they were able to sustain their quit:

That's great!

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
- What has been working for you?
- What have you done instead of vaping?
- How have you handled cravings/triggers?
- What has been challenging?
 - (If applicable) How have you overcome those challenges?

- (If applicable) How can you overcome those challenges next time?
- What are you most proud of?
- What did you learn about yourself in achieving this goal?

1.2 If they experienced a slip:

Wow, you have been quit for [TIME] and you only had X slip(s). Describe to me the situation/reason for your slip.

- What could you do differently when experiencing a similar situation in the future to remain quit?
- Next time you experience a slip, what could you do after the fact to ensure that it stays a slip, rather than relapsing to your previous pattern of use?
- Have you noticed any positive or negative changes about yourself/your cravings/other things when you have been quit?
- What did you learn about yourself and how your slip(s) have impacted your quit over the past week?

2.1 If they followed through with their quit:

Amazing! Congratulations.

- Wow, you have been quit for [TIME] without any slips. That is SO impressive. Describe to me how you are feeling about being quit.
 - See 1.2 if they experience a slip
- What about your quit has been going well?
- What challenges have you experienced?
 - (If applicable) How have you overcome those challenges?
 - (If applicable) How can you overcome those challenges next time?
- Have you had urges to vape? In what situations?
 - What did you do instead of vaping? or How have you handled cravings?
- Are there any events or potential triggers coming up that could be difficult?
 - How could you handle this situation?
- What did you learn about yourself in achieving this goal?

2.2 If they did not follow through with their quit (i.e., attempted, then relapsed, did not attempt, etc.):

Quitting is hard! Don't be discouraged. You can use this as a learning experience to prepare for a future quit attempt.

- What barriers got in the way of quitting?
 - How could you overcome these the next time you set a quit date?
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!
- What did you learn about yourself while working towards this goal?

2.3 If they forgot their quit day:

- What would help you to remember your quit day next time? (ex. A phone call or text from a friend, a phone notification reminder, etc.)
- Do you have any worries or concerns about your next attempt at quitting? Let's address those now!

3.1 If they met their reduction goal:

Amazing! Congratulations

- How did you achieve this goal?
- How did you track your reduction?
- What challenges have you experienced?

- Did you use any of the skills you learned to help you with your reduction goal?
- What did you learn about yourself in achieving this goal?

3.2 If they did not meet their reduction goal:

- What barriers got in the way of meeting your reduction goal?
 - What can you do to overcome this next time you set a reduction goal?
- Do you have any worries or concerns about reaching your next reduction goal?
- What did you learn about yourself while working towards this goal?

4.1 If they met their miscellaneous goal:

- What helped you succeed in achieving this goal?
- Did you use any skills that you learned?
- What did you learn about yourself in achieving this goal?

► **Session 11 worksheet**

COUNSELOR: Let's take a look at the worksheet from last week. Were you able to complete the worksheet?

- *(If yes)* Can you share the completed worksheet on your screen?
 - *(If no)* Okay, that's okay for this time. For next time, can you try to complete it so that we can go over it together?
1. Can you tell me a little bit about the biggest change you've noticed since deciding to quit?
 - How has that impacted you?
 - How have you coped with this change?
 2. How has quitting/cutting down improved your life socially? Physically? Mentally?

► **Session topic:**

COUNSELOR: As you know, today is our last meeting. Although we won't be meeting every week anymore, you can still take what you learned during our sessions and continue to apply it to your day-to-day life. Let's watch a short video that summarizes all of the skills we covered during our sessions.

1. What has been the most valuable skill you've learned?
 - What is one skill that you will be able to use over the long-term to maintain your quit? *(Or)* To successfully quit when you're ready?
2. What do you anticipate will be the biggest challenge you'll face once our visits conclude?
 - How can you prepare for this challenge?
3. How do you feel you've grown as a person over the course of this program?

Counselors can respond by reflecting, validating/encouraging, or in the event that the participant is having difficulty generating ideas, brainstorming together.

COUNSELOR: Here is the handout for your last week. It is a brief overview of all the skills and important lessons you learned during our sessions.

► Plan for the future

COUNSELOR:

(If participant is quit): I won't be with you every week, but imagine me in your head saying every week "You're quit! Next week's goal is to stay quit." You've shown me week after week that you are strong and capable of maintaining your quit. You can always come back to our session materials on <https://quitvaping.mgh.harvard.edu/> if you need a refresher.

You are no longer a vaper. Congratulations on taking this journey towards a healthier lifestyle.

(If participant is quit but is frequently slipping): I won't be with you every week, but imagine me in your head saying every week "Your goal is to make sure that slips do not become a relapse and to continue to work on maintaining longer and longer quits without slips. Remember, every quit attempt brings you closer to a permanent quit." You've shown fantastic dedication week after week in this program and I know you can do it. You can always come back to our session materials on <https://quitvaping.mgh.harvard.edu/> if you need a refresher. You could also ask your doctor about continuing varenicline, or even try other cessation aids, like nicotine patches, gum, or lozenges. Just the fact that you are willing to learn about the dangers of vaping and strategies for quitting is commendable. I hope they will come in handy in the future!

Congratulations on taking this journey towards a healthier lifestyle.

(If participant has been working on reduction): I won't be with you every week, but imagine me in your head saying every week "let's make a new goal to reduce your vaping!" You've shown me week after week that you are strong and capable of continuing to decrease your vaping habits. I KNOW that you will be able to quit when you are ready, and you can do it using all the strategies we went through during our sessions. Everything can be done in your own time and at your own pace. There are many resources out there online, and you can always come back to our session materials on <https://quitvaping.mgh.harvard.edu/>.

(If participant has displayed no change in habits): Thank you so much for joining me in all of these sessions and being open to talking about vaping. I hope you feel like you learned some valuable information about vaping. Whenever you are ready to quit, you can always come back to these resources at <https://quitvaping.mgh.harvard.edu/>. I know when you take that step, you'll be able to quit for good. You could ask your doctor about continuing varenicline, or even try other cessation aids, like nicotine patches, gum, or lozenges. Just the fact that you are willing to learn about the dangers of vaping and strategies for quitting is commendable. I hope they will come in handy in the future!

► Evaluation

COUNSELOR: Before we wrap up, was there anything that you particularly enjoyed about our sessions?
What about things that you would improve?
(In general): What kind of support do you wish you had when you were vaping?
What kind of support do you wish you had throughout the sessions?

► **Wrap-up**

COUNSELOR:

It was so wonderful getting to know you over the past 12 weeks. You have come so far. You should be proud of yourself. I am confident that you will be able to continue to reduce/remain quit/quit without me. You are always welcome to revisit the [QuitVaping](#) website if you need a refresher on anything you learned in our sessions.

Do you have any final questions for me? Great. Thank you so much again for participating. I hope you have a wonderful day and congratulations!

Appendix

Fidelity Measure

ViVA Fidelity Rating (1-5)	1: Not observed/poor	2: Fair	3: Good	4. Very Good	5. Excellent
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Material		Scale	Notes	Rating
Introduction and Setting Agenda	<ul style="list-style-type: none"> Welcomes the participant to the session [<i>is welcoming, not necessarily required to explicitly say “welcome”; also keep in mind that the counseling session is coming after the assessment measures have been conducted with the participant</i>]. Provides an overview of the session [<i>stating the topic is sufficient</i>]. Ask participants if they have anything they want to add to the agenda OR Ask participants if they have any questions. <p>Note: For V1, expect the counselor to provide an orientation to the sessions and also ask if the participant has any questions</p>	1 - No effort to set an agenda 2 - 3 - Misses an element OR seems rushed OR unclear/disorganized overview; Takes too long to get to the agenda 4- 5 - Does all elements listed in the column to the left effectively		
Assessing Vaping Status and Primary/Weekly Goal Follow-up (i.e., quitting)	<ul style="list-style-type: none"> Reviews current vaping behavior in relation to baseline vaping behavior. The counselor either asks the participant to state their goal from the 	1 - No/minimal goal follow-up 2- 3 - Establishes change in vaping		

<p>or reducing vaping)</p>	<p>previous session/states the goal and checks for accuracy (e.g., “Your goal was X, do I have that right?”) and follows up on whether the goal was achieved (if yes, through what strategies; if no, discuss and problem-solve).</p> <ul style="list-style-type: none"> • Discusses any positives(s)/negative(s) they have experienced since the last visit: • Relating to the medication <ul style="list-style-type: none"> ○ (positives = reduced craving/enjoyment; negatives = side effects) • Relating to quitting/cutting down <ul style="list-style-type: none"> ○ (positives = successes associated w/ behavioral goal or perceived benefits of quitting; negatives = challenges or withdrawal sx) <p>Note: For V1, there is no expectation to review a previous behavioral goal, but it is expected that baseline vaping behavior will be discussed</p>	<p>status this week compared to goal OR related current vaping to baseline behavior; AND discusses any of the following: positives/negatives of medication OR positives/negatives related to behavioral goal OR positives/negatives related to vaping status OR there is limited follow-up</p> <p>4-</p> <p>5 - Goal directly reviewed, AND discusses all of the following: Discussion of strategies used AND positives/negatives of medication AND positives/negatives related to behavioral goal AND positives/negatives related to vaping status</p>		
<p>Homework</p>	<ul style="list-style-type: none"> • Shares and discusses worksheet from prior session [doesn't have to “share screen” to “share” homework]. 	<p>1 - No homework review</p> <p>2-</p>		

	<p>Note: Rate as a “5” when N/A (i.e., session 1)</p>	<p>3 - Asks about homework completion; reviews all parts of the worksheet but no substantive follow-up questions and does not facilitate any reflection</p> <p>4-</p> <p>5 - Asks about homework completion; prompts client to talk through all parts of worksheet; asks at least 1 substantive, open-ended question; <i>if homework isn't completed:</i> problem-solve homework completion; review worksheets together in real-time</p>		
<p>Discussion of Session Topic</p>	<ul style="list-style-type: none"> • Shows the session video. • Asks participant questions relating to the video. • Asks the participant to relate the session topic to their own experience. • Encourages participant to engage in the discussion using reflection, normalizing, 	<p>1- Very minimal discussion (<i>absence of questions/attempt on the counselor's part</i>)</p> <p>2-</p> <p>3 - Counselor asks questions</p>		

	empathy, and encouragement	<p>about some parts of the video, but misses opportunities to discuss the core session topic; may also ask questions that encourage the participant to make general reflections rather than personalized ones</p> <p>4 - There may be some missed opportunities to explore content ancillary to the core session topic</p> <p>5 - Counselor is directive; promotes a personal to link the content to their own experience <i>(facilitated with questions/ attempts, even if participant doesn't reflect much in response)</i></p>		
Medication Adherence	<ul style="list-style-type: none"> Discusses and troubleshoots medication adherence, side effects (if applicable), and medication tolerability. <i>[80% is target level –</i> 	<p>1 - Glosses over med adherence; minimal attempts to discuss <i>(e.g., "looks like you're missing</i></p>		

	<p><i>may mean less discussion/ troubleshooting]</i></p> <p>Note: V12 does not require a review of med adherence since not in the manual.</p>	<p><i>medication on the weekends”, counselor accepts excuse without discussing further)</i></p> <p>2-</p> <p>3 - May not clearly state number of missed doses; offers ideas for problem-solving without effort to elicit ideas from ptp; barriers may be identified, but there is no effort to troubleshoot</p> <p>4 - Clearly states number of missed doses; identifies barriers; some effort to elicit ptp’s ideas about how to troubleshoot</p> <p>5 - Reflection of actual medication adherence level; identification of any barriers (including side effects if relevant); elicits ideas from participant for</p>		
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		troubleshooting med adherence		
Goal Setting	<ul style="list-style-type: none"> Creates plan with the participant for the following week. Shares current session worksheet and reminds participant to complete the worksheet. Troubleshoot homework completion if this is an issue [<i>counselor shares screen with client</i>]. Discusses goals to increase medication adherence (if applicable). Mentions target quit day (if applicable: weeks 1 and 2) <p>Note: Rate as a "5" when N/A (i.e., V12)</p>	<p>1- Goal isn't really ptp's goal (counselor prescribed); goal isn't realistic (or is overly modest) in the context of previously set goals <i>without</i> counselor discussion</p> <p>2-</p> <p>3 - Shakier behavioral goal related to vaping is the focus of discussion; may not have all SMART elements in goal; counselor does not initiate discussion to try to problem-solve around goal that ptp may have had difficulty with before</p> <p>4 - Sets a fairly specific goal that includes problem-solving</p> <p>5 - Discussion of SMART goal AND reminders about homework;</p>		

		<p>troubleshoots med adherence; links to relevant session content discussed; ideally links weekly goal with overall vaping goal</p>		
<p>Session Summary</p>	<ul style="list-style-type: none"> Asks the participant to summarize key points of the session as well as the participant's plan for the following week. Reminds participant of any relevant information missed. 	<p>1 - Doesn't ask for any summary/session reflection</p> <p>2- Counselor provides summary without asking ptp</p> <p>3 - Prompting summary for specific parts of the session (but not all); Rushed/glossed over/vague summary; lacking specifics; clear that ptp missed info but counselor didn't provide info</p> <p>4-</p> <p>5 - Prompts reflection on session (<i>major points/biggest take-away</i>) at/near the end of session; evidence at <i>any</i> point in the session of the</p>		

		counselor encouraging the ptp to clearly and succinctly state behavioral goal(s) to address vaping reduction/cessation and/or strategies in own words; also reviews any plans for how to increase med adherence (if applicable)		
Interpersonal		Scale	Notes	Rating
Counselor - Participant Relationship	<ul style="list-style-type: none"> • Has a positive relationship with the participant. • Is considerate of the participant's personality, race, religion, and culture. • Encourages and respects the participant. 	<p>1 - Invalidating, unsupportive; micro/macroaggressions; engages in a disagreement with ptp</p> <p>2-</p> <p>3 - Generally neutral tone by counselor regardless of what is going on with the participant (positive or negative); misses some opportunities for reinforcement/empathy but also not actively negative; acknowledgments without</p>		

		<p>genuine empathy</p> <p>4-</p> <p>5 - Appropriately reinforces ptp effort and goal achievement/pr ogress; actively demonstrates empathy; curious stance to resistance</p>		
Communication	<ul style="list-style-type: none"> • Effective and clearly communicates with the participant regarding: <ul style="list-style-type: none"> ○ Session topics ○ Instrument administration ○ Goals ○ Worksheets 	<p>1- Rambling and confusing explanations/questions throughout; failure to check for understanding; factual inaccuracies; off-topic</p> <p>2-</p> <p>3 - Rambling or confusing explanations or questions (can be combinations of multiple questions), but ultimately clarifies (through rephrases or understanding checks)</p> <p>4-</p>		

		5 - Clear, efficient presentation of session material; clear questions		
Listening	<ul style="list-style-type: none"> Prompts participants in ways where they are actively engaging in and/or leading the conversation. Acknowledges any conflicts or issues the participant is experiencing with empathy and helps problem-solve when the participant consents to help. 	<p>1 - No/inaccurate (without an attempt to correct/check) reflection of ptp responses; misses ptp's interest in problem-solving (either imposing problem-solving or doesn't take an opportunity to collaborate)</p> <p>2-</p> <p>3 - Only surface-level reflections, OR repeating back ptp phrasing without adding/furthering conversation; OR could do a better job demonstrating understanding/empathy</p> <p>4-</p> <p>5 - Counselor uses normalization and empathy; accurately and skillfully reflects most/all of the</p>		

		time; checks understanding (e.g., "Do I have this right"); demonstrates openness to incorrect reflection (humility to correction); some examples of paraphrased reflections		
Organization	<ul style="list-style-type: none"> • Introduces and switches between materials (video/worksheet/instruments) efficiently. • Covers 5 major topic areas: <ol style="list-style-type: none"> 1. Past week's behavioral goal 2. Homework 3. New session content 4. New behavioral goal 5. Medication adherence within the 20-minute session 	<p>1- 3 or more major topic areas missed; disjointed session content (i.e., organization of the session disrupts client learning); 30+ minute session</p> <p>2- > 25 minute < 30 minute session OR missing at least 2 major topic areas of content OR moderately disjointed OR awkward transitions</p> <p>3 - One major content areas not introduced OR choppy or slow transitions between components; 25-minute session max</p>		

		4- 5 - All major topic areas introduced; smooth transitions between sections of session; session proceeds smoothly and remains within the time limit (20 min)		
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