

Table 1. Detail intervention contents for participants who joined Second Phase Smoking Cessation Program in Workplace (SCPW-Phase II).

Group	N	Intervention contents
A	22	1h health talk + 4h intensive workshop + self-help SC booklet + 15 SMS
B	21	1h health talk + 1h face-to-face counselling + self-help SC booklet + 15 SMS
C	524	1h health talk + self-help SC booklet + 15 SMS
D	158	45 minutes phone counselling + self-help SC booklet + 15 SMS

SC: smoking cessation

SMS: short messaging service

Table 2. Baseline characteristics of participants in Group C included in the analysis (n=383), and the excluded Group A (n=22), B (n=21), and D (n=158), and Group C (n=141).

	Group C included in analysis (%)	Group A (%) ^c	Group B (%) ^c	Group C excluded in analysis (%) ^d	Group D (%) ^e
Sociodemographic					
Sex					
Male	360 (94.0)	19 (86.4)	18 (85.7)	130 (92.2)	141 (89.2)
Female	23 (6.0)	3 (13.6)	3 (14.3)	11 (7.8)	17 (10.8)
Age (years)					
≤ 29	56 (18.1)	4 (20.0)	2 (9.5)	19 (15.5)	8 (5.6)
30 - 39	78 (25.2)	8 (40.0)	6 (28.6)	32 (26.0)	38 (26.4)
40 - 49	86 (27.7)	4 (20.0)	3 (14.3)	34 (27.6)	45 (31.3)
≥ 50	90 (29.0)	4 (20.0)	10 (47.6)	38 (30.9)	53 (36.8)
Marital status					
Single	98 (32.0)	6 (30.0)	5 (23.8)	31 (27.0)	31 (20.5)
Married/cohabited	190 (62.1)	12 (60.0)	13 (61.9)	75 (65.2)	109 (72.2)
Widow/separated/divorced	18 (5.9)	2 (10.0)	3 (14.29)	9 (7.8)	11 (7.3)
Education					
Primary or below	32 (10.3)	0 (0.0)	4 (20.0)	17 (14.3)	15 (10.9)
Secondary	188 (60.3)	13 (65.0)	13 (65.0)	78 (65.6)	106 (76.8)
Tertiary	92 (29.5)	7 (35.0)	3 (15.0)	24 (20.2)	17 (12.3)
Monthly household income (HK\$) ^a					
≤ 19999	55 (26.8)	3 (18.8)	9 (69.2)	35 (38.9)	31 (34.1)
20000-29999	58 (28.3)	3 (18.8)	0 (0.0)	24 (26.7)	20 (22.0)
≥ 30000	92 (44.9)	10 (62.5)	4 (30.8)	31 (34.4)	40 (44.0)
Smoking					
Years of smoking (mean ± SD)	17.80 ± 9.92	20.13 ±9.52	22.67 ± 12.47	22.54 ± 11.98	23.81 ± 11.60
Daily cigarette consumption (mean ± SD)	14.90 ±17.35	16.43 ± 13.10	15.43 ± 8.23	15.74 ± 26.45	14.74 ± 9.43
Nicotine dependency ^b					
Light (≤2)	165 (53.9)	10 (50.0)	8 (38.1)	69 (56.6)	79 (52.3)
Moderate (3-4)	128 (41.8)	8 (40.0)	13 (61.9)	44 (36.1)	62 (41.1)
Heavy (5-6)	13 (4.3)	2 (10.0)	0 (0.0)	9 (7.4)	10 (6.2)
Past quit attempt					
No	89 (25.0)	4 (19.1)	3 (14.3)	23 (17.4)	29 (18.4)
Yes	267 (75.0)	17 (81.0)	18 (85.7)	109 (82.6)	129 (81.7)
Intention to quit					
Within 7 days	19 (6.0)	3 (16.7)	2 (10.5)	8 (7.4)	11 (8.0)
Within 30 days	23 (7.3)	5 (27.8)	1 (5.3)	10 (9.3)	13 (9.5)
Within 6 months	22 (6.9)	1 (5.6)	2 (10.5)	5 (4.6)	12 (8.8)
Not decided yet	253 (79.8)	9 (50.0)	14 (73.7)	85 (78.7)	101 (73.7)

^a US \$ 1 = HK\$ 7.8

^b Measured by Heaviness of Smoking Index (HSI) with range 0-6, $HSI \leq 2$ was light, HSI score of 3-4 was moderate, HIS score of 5-6 was heavy.

^c Excluded for participants received different interventions and small sample size.

^d 141 excluded because they could not be matched to company-level questionnaire.

^e Excluded because participants lacked workplace SC support information.

Table 3. Questionnaire of workplace smoking cessation support.

Chinese version scale	English translation
戒煙員工	Incentive for successful quitters
提供現金獎賞給成功戒煙員工	Cash
提供假期獎賞給成功戒煙員工	Holidays
提供禮物獎賞給成功戒煙員工	Gifts
公開表揚成功戒煙的同事 (例如舉辦「戒煙頒獎禮」)	Public praises
額外的戒煙支援服務	Support for smoking cessation attempts/ actions
提供時間給員工參與戒煙工作坊	Paid time off for attending smoking cessation workshops
設立「無煙茶水間」，於公司的茶水間放置免費健康小食/檸檬片供同事享用，鼓勵同事於小休時間到茶水間休息，減少吸煙	Offer free healthy snacks in the pantry to replace smoking breaks
組織「無煙分享小組」，邀請成功戒煙的同事以及有興趣戒煙的吸煙員工一起定期聚會，分享戒煙的感受以及戒煙的經驗	Organize sharing sessions on successful quitting experiences
▪ 月/首月現金津貼正在戒煙的同事和戒煙 Buddy 參加運動班，如做 Gym, Funky dance, Yoga 等	Offer reimbursement for joining exercise program/classes
落實實質的無煙環境政策	Smoke-free environment support
利用電郵、告示板、貼海報、放置宣傳品等方法讓員工了解和遵守公司政策及提供戒煙資訊	Email, notice, posters, other circulation on smoke-free information
制定「無煙月」，將員工電腦桌面或螢幕保護(screen saver)設定為「禁煙標誌」	Set desktop/ screen saver as “smoke-free logo”
公司與同事簽定無煙約章或舉行誓師大會	Sign “Smoke-free contact” with employees
成立「無煙工作間」委員會，鼓勵員工提出不同意見，一起創造無煙工作間，增加員工歸屬感	Set up “Smoke-free workplace” committee
於公司 ▪ 張貼一些成功戒煙個案分享	Poster on successful quitting cases
舉辦戒煙口號比賽	Organize “smoke-free slogan” competition

Employers were asked if these supports were provided.

Table 4. Characteristics of employers who have attended interview.

Case No.	Sex	Age (years)	Company industry
1	F	32	Healthcare support
2	M	32	Property management
3	F	32	Construction
4	F	28	Property management
5	F	/	Property management
6	M	38	Property management
7	M	39	Information technology
8	M	35	Sales
9	M	37	property management

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