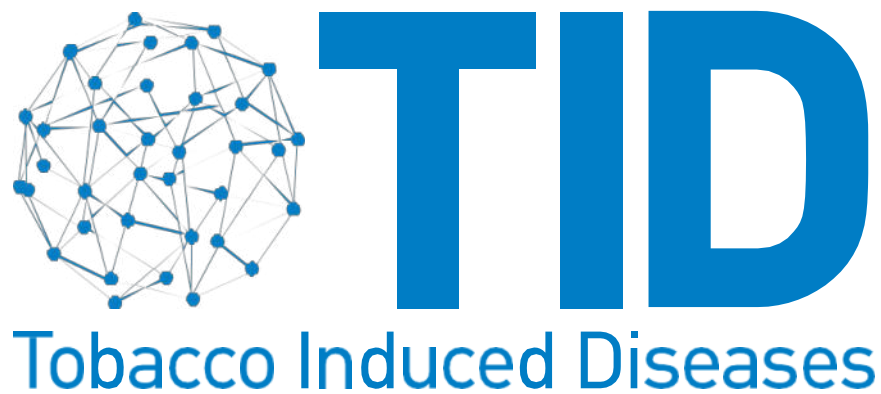




Supplementary file

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DOI:

10.18332/tid/221483

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SUPPLEMENTARY FILES

Questionnaire on Motivation to Quit (Q-MAT)

Adapted from Aubin H-J, Lagrue G, Legeron P, et al. Questionnaire de motivation à l'arrêt du tabac (Q-MAT). *Alcoologie et Addictologie*. 2004;26(4):311-316. The Q-MAT composite score (range 0–20) is computed from four scored items (Q1, Q3, Q4, Q6). Items Q2, Q5, and Q7 are descriptive (non-scored) items used for clinical context.

Q1. In six months' time, do you think that: (Scored: 0–8)

- You will still be smoking as much? [Score = 0]
- You will have cut down your cigarette consumption a little? [Score = 2]
- You will have cut down your cigarette consumption a lot? [Score = 4]
- You will have stopped smoking? [Score = 8]

Q2. Do you think that stopping smoking would be good for your self-image? (Descriptive, not scored)

Not at all / A little / A lot / Enormously

Q3. At the moment, do you want to stop smoking? (Scored: 0–3)

- Not at all [Score = 0]
- A little [Score = 1]
- A lot [Score = 2]
- Enormously [Score = 3]

Q4. In the next four weeks, do you think that: (Scored: 0–6)

- You will still be smoking as much? [Score = 0]
- You will have cut down your cigarette consumption a little? [Score = 2]
- You will have cut down your cigarette consumption a lot? [Score = 4]
- You will have stopped smoking? [Score = 6]

Q5. Have you already tried to stop smoking? (Descriptive, not scored)

Never / Once / Several times

Q6. Do you ever feel unhappy about smoking? (Scored: 0–3)

- Never [Score = 0]

- Sometimes [Score = 1]
- Often [Score = 2]
- Very often [Score = 3]

Q7. Do you think that smoking is bad for your health? (Descriptive, not scored)

Not at all / A little / A lot / Enormously

Note: Total Q-MAT score = Q1 + Q3 + Q4 + Q6 (range 0–20). Motivation categories: Low (0–6), Moderate (7–13), High (14–20). Items Q2, Q5, and Q7 are descriptive and are not included in the composite score.

Table 1. *Questionnaire on Motivation to Quit (Q-MAT) Item-Level Response Distribution Among Current Smokers in a Cross-Sectional Online Survey, Saudi Arabia, February–May 2025 (N = 219)*

Q-MAT Item	n	Response	n	%	Score	Scored?
Q1. 6-month quit intention	219	Continue same	29	13.24	0	Yes
		Reduce a little	45	20.55	2	
		Reduce a lot	51	23.29	4	
		Quit completely	94	42.92	8	
Q2. Quitting improves self-image	220	Not at all	31	14.09	—	No
		A little	46	20.91	—	
		A lot	41	18.64	—	
		Enormously	102	46.36	—	
Q3. Current desire to quit	219	Not at all	20	9.13	0	Yes
		A little	55	25.11	1	
		A lot	45	20.55	2	
		Enormously	99	45.21	3	
	219	Continue same	34	15.53	0	Yes

Q4. 4-week quit intention		Reduce a little	72	32.88	2	
		Reduce a lot	40	18.26	4	
		Quit completely	73	33.33	6	
Q5. Previous quit attempts	219	Never	30	13.70	—	No
		Once	49	22.37	—	
		Several times	140	63.93	—	
Q6. Dissatisfaction with smoking	219	Never	14	6.39	0	Yes
		Sometimes	43	19.63	1	
		Often	72	32.88	2	
		Very often	90	41.10	3	
Q7. Smoking harmful to health	223	Not at all	6	2.69	—	No
		A little	24	10.76	—	
		A lot	45	20.18	—	
		Enormously	148	66.37	—	

Q-MAT total score (range 0–20) is computed from four scored items (Q1, Q3, Q4, Q6). Items Q2, Q5, and Q7 are descriptive (non-scored) and are not included in the composite score. — = not scored. Q-MAT = Questionnaire on Motivation to Quit.

Table 2. Nicotine Dependence Syndrome Scale (NDSS) Item-Level Response Distribution Among Current Smokers in a Cross-Sectional Online Survey, Saudi Arabia, February–May 2025 (Selected Items)

NDSS Item	n	Not true	Somewhat	Moderate	Very	Extremely
Strong need after abstinence	180	10.56%	15.56%	17.78%	27.78%	28.33%
Regular use throughout day	180	29.44%	22.22%	26.67%	10.56%	11.11%
Need more nicotine (tolerance)	179	24.58%	23.46%	21.79%	13.41%	16.76%
Discomfort after stopping	179	12.85%	21.79%	20.67%	25.70%	18.99%

Emotions influence use	178	11.80%	17.98%	20.79%	20.22%	29.21%
Cannot resist cravings	179	16.20%	22.91%	26.82%	19.55%	14.53%
Craving after few hours	183	10.93%	22.40%	19.13%	24.04%	23.50%

Scale: 1 = Not at all true to 5 = Extremely true. n varies across items due to item-level non-response. NDSS = Nicotine Dependence Syndrome Scale.