**ECtra 2 Qualitative Interview Topic Guide**

*Note: guidance for suggested wording only – this will be flexibly employed.*

1. Introduction

Interviewer to briefly explain what has happened since T1 regarding the project and the purpose of T2 interview, reiterating content of information sheet. Explain who is funding and conducting the research. Confirm informed consent for interview and recording. Stress confidentiality and anonymity in recording, storing and reporting data. Answer questions about study as appropriate.

**Longitudinal follow-up**

1. Interviewer to give a small precis of vaping/smoking status at last interview as reported by participant including any reported abstinence from either vaping/smoking, dual using, permissive lapse, etc.
2. Smoking/vaping status

Followed by:

‘Please can you describe to me how your smoking/vaping behaviour has developed since we interviewed you in xxxx?’ ‘What has contributed to the changes? /‘Why hasn’t there been any changes?’ (e.g. lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment etc.)

Prompt for frequency of smoking/vaping and any changes.

Prompt for changes in devices/flavours/strengths

‘What is your smoking/vaping behaviour now?’ ‘How do you feel about your smoking/vaping behaviour now?’ ‘Any changes you would like to make’ ‘Why/why not?’

1. Relapse status:

***If vaping and abstinent from smoking:*** ‘Have you had any lapses to tobacco since we last spoke?’

*If yes:* ‘what were the circumstances?’ ‘Why do you think you lapsed in that situation?’ ‘How did you feel after the lapse?’ ‘What are your feelings about the lapse now?’ ‘Do you think you’ll lapse again?’ ‘why/why not?’ ‘Do you think a lapse will result in full relapse?’ ‘Why/why not?’ ‘What strategies do you have in place to prevent lapse/ensure lapse doesn’t result in relapse?’ ‘How does vaping affect your lapse behaviour?’ ‘How appealing is (tobacco) cigarette now?’

*If no:* ‘Why do you think you’ve been able to avoid lapse?’ ‘Have you been tempted?’ ‘Why/why not?’ ‘Do you use any strategies to prevent lapse?’ ‘How do you feel about remaining completely abstinent?’ ‘Do you think you’ll be able to remain completely abstinent?’ ‘Why/why not?’ ‘How confident are you that you won’t lapse?’ ‘Why?’ ‘Do you think lapse would result in full relapse?’ ‘How does vaping contribute to remaining completely abstinent?’ ‘Does vaping affect lapse behaviour?’ ‘How appealing is a (tobacco) cigarette now?’

***If previously abstinent and now dual using /relapsed*** (NB. Likely to have been covered in section 2): ‘Please describe how you started smoking regularly again?’ ‘What were the circumstances?’ ‘Why do you think lapse turned into regular smoking?’ ‘Did you have any strategies to avoid smoking?’ ‘Why didn’t e-cigarettes work this time?’ ‘How do you feel about smoking again now?’ ‘Do you think vaping contributed to relapsing?’ ‘How?’ ‘Have you tried to quit since?’ ‘Why weren’t you successful that time?’ ‘Do you plan to quit again?’ ‘How do you plan to quit?’

***If previously abstinent from both and now vaping/or smoking*** (NB. Likely to have been covered in section 2): ‘Please describe how you started smoking/vaping again?’ ‘What were the circumstances?’ ‘(if applicable) Why do you think lapse turned into regular smoking?’ ‘Did you have any strategies to avoid smoking/vaping?’ ‘How do you feel about smoking/vaping again now?’ ‘Do you think vaping contributed to relapsing?’ ‘Why/why not?’ ‘Do you plan to quit again?’ ‘How do you plan to quit?’

***All****:* ‘Any advice you give to people about remaining smoke free whilst vaping?’

1. E-cigarette cessation status and plans

***If participant was planning to continue using e-cigs at T1 (and vaping at T2):***

‘Last time we spoke to you, you said you had no intention of stopping using e-cigs. Is that still the case now?’

*If yes:* ‘Why do you want to continue using you e-cigarette?’ (Prompt for: lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment, relapse fears, etc.) ‘Have you attempted to give up e-cigs since we last spoke?’ ‘What triggered that attempt/why haven’t you attempted it?’ ‘What strategy did you use?’ ‘Do you think you’ll ever want to give up e-cigs?’ ‘What circumstances would cause you to want to give up e-cigs?

*If no:* ‘Why have you changed your mind?’ (Prompt for: lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment, relapse fears, etc.) ‘Have you attempted to give up e-cigs since we last spoke?’ ‘What triggered that attempt/why haven’t you attempted it?’ ‘What strategy do you think you’ll use?’ ‘Do you have a timescale that you’re working towards?’ ‘How confident are you that you will be successful?’ ‘Do you think giving up e-cigs will impact on your motivation or ability to not smoke?’ ‘Why/why not?’

***If participant was planning to give up using e-cigs at T1 (and vaping at T2*):**

‘Last time we spoke to you, you said were considering giving up using e-cigs at some point. Is that still the case now?’

*If yes*: ‘Why do you want to give up using e-cigs?’ (Prompt for: lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment, relapse fears, etc.) ‘Have you attempted to give up e-cigs since we last spoke?’ ‘What triggered that attempt/why haven’t you attempted it?’ ‘What strategy do you think you’ll use?’ ‘Do you have a timescale that you’re working towards?’ ‘How confident are you that you will be successful?’ Do you think giving up e-cigs will impact on your motivation or ability to not smoke?’ ‘Why/why not?’

*If no:* ‘Why have you changed your mind?’ (Prompt for: lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment, relapse fears, etc.) ‘Why do you want to continue using e-cigs now?’ ‘Have you attempted to give up e-cigs since we last spoke?’ ‘What triggered that attempt/why haven’t you attempted it?’ ‘What strategy did you use?’ ‘Do you think you’ll ever want to give up e-cigs?’ ‘What circumstances would cause you to want to give up e-cigs?

***If participant was vaping and T1 and is no longer vaping at T2* (**NB. This may have been covered in section 2):

*If planned to give up at T1*: ‘Last time we spoke to you, you said were considering giving up using e-cigs at some point and you have obviously managed to achieve that. Why did you want to give up using e-cigs?’ (Prompt for: lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment, relapse fears, etc.)

*If did not plan to give up at T1*: ‘Last time we spoke to you, you said that you planned to continue using e-cigarettes, but you have obviously stopped using them. Why did you change your mind?’ ‘Why did you want to give up using e-cigs when you previously didn’t?’ (Prompt for: lifestyle, motivation, stressful/positive events, health, money, device changes, policy, vaping enjoyment, relapse fears, etc.)

*Both:* ‘I would like to discuss how you managed to stop using e-cigs in a bit more detail

‘What triggered your successful attempt?’ ‘What strategy did you use?’ ‘Did you have a timescale that you were working towards?’ ‘How confident were you that you would be successful?’

‘Were you successful on your first attempt?’ ‘Why/why not?’

‘Do you think giving up e-cigs has impacted on your motivation or ability to not smoke?’ ‘Why/why not?’ ‘How confident do you feel that you will remain smoke/vape free?’

‘How appealing is a (tobacco) cigarette now?’ ‘How appealing is vaping now?’ ‘Is there anything you miss about vaping?’

*All:* ‘Any advice for people who want to stop vaping?

1. Identity

‘Last time we spoke to you saw yourself as a (insert how participant saw themselves e.g. vaper, ex-smoker, dual user, with context). Is this still how you see yourself in relation to vaping?’ ‘How do you see yourself now?’ ‘Why has this changed/not changed?’

If changed: ‘When did this change?’ ‘What influenced the change?’ ‘Is this a positive or negative change?’ ‘How do you see yourself going forward in relation to your vaping?’

If not changed: ‘Do you view this positively or negatively?’

‘Last time we spoke to you seemed to (select and adapt as appropriate for individual participant):

1. view vaping as a hobby or were interested in the technical side of it
2. be really enthusiastic about how vaping had enabled you to stop or reduce smoking
3. view vaping mainly as a smoking cessation aid to help you eventually quit nicotine
4. be a bit disappointed with vaping (could add reason given e.g. see it as not really giving up, feel a bit embarrassed, not understand it, etc.)’

‘Have your views on vaping changed at all?’ ‘Why/why not’ ‘How do you view vaping now?’ ‘Is there anything that excites or disappoints you about vaping now?’

1. Vaping environment

‘Do you feel more or less reassured about the safety of vaping now than you did a year ago?’ ‘Why?’ (prompt for media, policy, research sources)

‘Where do you go for support with your vaping?’ ‘Has this changed since the last interview?’ ‘Why/why not?’

‘What are your family and friends’ views on vaping? ‘Has this changed since we last spoke to you?’ ‘Have you changed/did you change your vaping behaviour around friends and family?’ ‘Why?’

‘What do you think health professionals’ views on vaping are now?’ ‘Do you have any experience of them?’ ‘Has this changed since the last time we spoke to you?’

‘How do you think society in general views vaping now?’ ‘Has this changed since we last spoke to you a year ago?’ ‘Are people more or less accepting of it?’ ‘What have people’s reactions been?’ ‘how has this changed?’ ‘Why?’ ‘Have you got any examples?’

‘Last time we spoke to you was just before the Tobacco Products Directive legislation came in last May. Are you aware of the legislation?’ Give brief description of legislation: ‘It restricted the bottle sizes you could buy to 10ml and nicotine strength to 20mg. It meant that liquid had to have it’s ingredients listed on the label and that vaping products, including hardware, had to have a warning label on them stating they contained nicotine.’

‘What are your thoughts on this legislation?’ ‘Advantages/disadvantages?’

‘Has this legislation affected you at all?’ ‘How?’ ‘Have you noticed a change to the price, availability, or effectiveness of products?’ ‘Have you changed your purchasing behaviour as a result?’ (Prompt for home mixing, online purchasing, black or second hand market, modifying).

‘Did it affect your smoking behaviour at all?’ ‘How?’

‘Have you been affected by any local policies since we last talked to you?’ ‘For example, banning/allowing e-cigarettes in certain places’. ‘How has this affected your vaping behaviour?’ ‘Has this affected your smoking behaviour?’

‘Have you become more aware of heat-not-burn tobacco products since we last spoke to you?’ (May need to give a reminder about what they are). ‘What are your thoughts on them now?’ ‘Do you think they could help people give up smoking?’

‘Is there anything that you would like to be different about the vaping environment or culture?’ ‘Why/why not?’

1. Longitudinal follow up wrap-up:

‘Thank you for answering those questions about your current vaping situation. Is there anything you want to add?’