

	Time points																					
	-t ₃	-t ₂	-t ₁	t ₀	t ₁		t ₂ (3d. after)		t ₃ (1w. after)		t ₄ (2w. after)		t ₅ (3w. after)		t ₆ (4w. after)		t ₇ (12w. after)		t ₈ (24w. after)			
	All	All	All	All	Com	Exp	Com	Exp	Com	Exp	Com	Exp	Com	Exp	Com	Exp	Com	Exp	Com	Exp	Com	Exp
Screening for eligibility																						
Intervention to quit Smoking (Session 1 & 3)																						
Quit day: Allocation																						
Intervention to manage cravings (4th session)																						
Follow-up																						
Measures																						
Screening for Drug Use	x																					
Tobacco Dependence Screener	x																					
Motivation to Stop Smoking Scale	x																					
General Health Questionnaire	x																					
Physical Activity Readiness Questionnaire	x																					
Smoking behavior 7days		x	x		x	x																
7-day PPA							x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
International Physical Activity Questionnaire		x	x																		x	x
Power of control on manage cravings		x	x				x	x									x	x	x	x	x	x
Efficacy on being aware of experience cravings		x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Efficacy on managing cravings		x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Number of relapses last 7days					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
Number of cravings last 7days					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x
TPB physical activity (attitude, PBC & intention)		x			x	x																
Cotinine in saliva					x	x																x
Fidelity check (Comparison group)							x		x							x		x		x		x
Fidelity check (Experimental group)								x		x						x		x		x		x
Data from Ph.o.S app collection mechanism								x		x			x		x		x		x		x	x
Ph.o.S app Usability										x						x						

All = All participants; Com = Comparison group; Exp = Experimental group; PBC =Perceived behavioral control