Supplementary Material SM 1. Motivation test used in the study (English and Spanish version).

A) RICHMOND TEST

English version

1. Would you like to quit smoking if you could do it easily?

No/Yes

2. Do you really want to quit smoking?

None/A little/Moderately/Very much

3. Do you think that you can quit smoking in the following two weeks?

Definitely No/Maybe/Yes/Definitely Yes

4. Is there a chance that I will be a "Non-smoker" in the next six months?

Definitely No/Maybe/Yes/Definitely Yes

Spanish version

1. ¿Le gustaría dejar de fumar si pudiera hacerlo fácilmente?

No/Si

2. ¿Cuánto interés tiene en dejarlo?

Nada/Algo/Bastante/Mucho

3. ¿Intentará dejar de fumar en las próximas 2 semanas?

Definitivamente No/Quizás/Si/Definitivamente Si

4. ¿Cabe la posibilidad de que sea un "No fumador" en los próximos seis meses?

Definitivamente No/Quizás/Si/Definitivamente Si

B) HENRI MONDOR PARIS MOTIVATION TEST

English version

1. I decided to give up spontaneously. 2 points.

   I come to consult for medical indication. 1 point

   I come for consultation at the request of my family. 1 point

2. I have already given up for more than a week. 1 point.

3. I don't have any problems at work at the moment. 1 point.

4. I don't have any family problems at the moment. 1 point.

5. I want to free myself from my addiction. 2 points.

6. I do sport or I intend to do sport. 1 point.

7. I want to be in better physical shape. 1 point.

8. I want to look after my physical appearance. 1 point.

9. I am pregnant/my partner is pregnant. 1 point

10. I have small children. 2 points.

11. I am in a good mood at the moment. 2 points.

12. I usually finish what I start. 1 point.

13. I am usually calm and relaxed. 1 point.

14. My weight is usually stable. 1 point.

15. I want to improve my quality of life. 2 points.

Spanish version

1. Vengo a consulta espontáneamente, por decisión personal. 2 puntos

    Vengo a consulta por indicación médica. 1 punto

    Vengo a consulta por indicación de mi familia. 1 punto

2. Ya he dejado de fumar durante más de una semana. 1 punto.

3. Actualmente mi actividad profesional está sin problemas. 1 punto.

4. Actualmente en el plano familiar todo va bien. 1 punto.

5. Quiero liberarme de esta dependencia. 2 puntos

6. Hago deporte o tengo intención de hacerlo. 1 punto.

7. Voy a estar en mejor forma física. 1 punto.

8. Voy a cuidar mi aspecto físico. 1 punto.

9. Estoy embarazada o mi pareja lo está. 1 punto.

10. Tengo niños de corta edad. 2 puntos

11. Estoy con buena moral actualmente. 2 puntos.

12. Tengo costumbre de lograr lo que emprendo. 1 punto.

13. Soy más bien de temperamento tranquilo. 1 punto

14. Mi peso es habitualmente estable. 1 punto.

15. Voy a acceder a una calidad de vida mejor. 2 puntos

C) KHIMJI-WATTS TEST

English version

1. Is it important for you to quit smoking?

Very important/ Considerably important/ Little or nothing important

2. What influence have others had on that decision?

Weak or none/Moderate/Large

3. What chance of success would you give yourself if you tried to quit?

Large/Moderate/doubtful

Spanish Version

1. ¿Es importante para usted dejar de fumar?

 Muy importante/ Bastante importante/ Poco o nada importante

2. ¿Qué influencia han tenido los demás sobre esa decisión?

 Débil o nula/ Media/ Grande

3. ¿Qué probabilidades de éxito se concedería usted si intentara dejarlo?

 Grandes/Medias/Dudosas

D) VISUAL ANALOGUE SCALE

English Versión

Indicate on this scale what is your degree of motivation to quit smoking, assuming that 0 corresponds to a total absence of motivation and 10 to feeling fully motivated

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
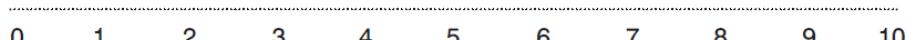
Spanish Version

Señale en esta escala cuál es su grado de motivación para dejar de fumar, suponiendo que 0 se corresponde con ausencia total de motivación y 10 con sentirse plenamente motivado.

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
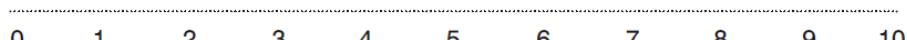
Supplementary Material 2 SM2. STROBE Statement—checklist of items that should be included in reports of observational studies

STROBE (Strengthening The Reporting of OBservational Studies in Epidemiology) Checklist

A checklist of items that should be included in reports of observational studies. You must report the page number in your manuscript where you consider each of the items listed in this checklist. If you have not included this information, either revise your manuscript accordingly before submitting or note N/A.

Note: An Explanation and Elaboration article discusses each checklist item and gives methodological background and published examples of transparent reporting. The STROBE checklist is best used in conjunction with this article (freely available on the Web sites of PLoS Medicine at http://www.plosmedicine.org/, Annals of Internal Medicine at http://www.annals.org/, and Epidemiology at http://www.epidem.com/). Information on the STROBE Initiative is available at www.strobe-statement.org.

Section and Item	Item No.	Recommendation	Reported on Page No.
Title and Abstract	1	(*a*) Indicate the study's design with a commonly used term in the title or the abstract	1
		(*b*) Provide in the abstract an informative and balanced summary of what was done and what was found	1
Introduction			
Background/Rationale	2	Explain the scientific background and rationale for the investigation being reported	2-3
Objectives	3	State specific objectives, including any prespecified hypotheses	2-3
Methods			
Study Design	4	Present key elements of study design early in the paper	3
Setting	5	Describe the setting, locations, and relevant dates, including periods of recruitment, exposure, follow-up, and data collection	3-4
Participants	6	(*a*) *Cohort study*—Give the eligibility criteria, and the sources and methods of selection of participants. Describe methods of follow-up	3
		Case-control study—Give the eligibility criteria, and the sources and methods of case ascertainment and control selection. Give the rationale for the choice of cases and controls	
		Cross-sectional study—Give the eligibility criteria, and the sources and methods of selection of participants	
		(*b*) *Cohort study*—For matched studies, give matching criteria and number of exposed and unexposed	
		Case-control study—For matched studies, give matching criteria and the number of controls per case	
Variables	7	Clearly define all outcomes, exposures, predictors, potential confounders, and effect modifiers. Give diagnostic criteria, if applicable	3-4

Continue on the next page

Section and Item	Item No.	Recommendation	Reported on Page No.
Data Sources/ Measurement	8*	For each variable of interest, give sources of data and details of methods of assessment (measurement). Describe comparability of assessment methods if there is more than one group	3-4
Bias	9	Describe any efforts to address potential sources of bias	5-6
Study Size	10	Explain how the study size was arrived at	3
Quantitative Variables	11	Explain how quantitative variables were handled in the analyses. If applicable, describe which groupings were chosen and why	3
Statistical Methods	12	(*a*) Describe all statistical methods, including those used to control for confounding	4-6
		(*b*) Describe any methods used to examine subgroups and interactions	4-6
		(*c*) Explain how missing data were addressed	6
		(*d*) *Cohort study*—If applicable, explain how loss to follow-up was addressed	6
		Case-control study—If applicable, explain how matching of cases and controls was addressed	
		Cross-sectional study—If applicable, describe analytical methods taking account of sampling strategy	
		(*e*) Describe any sensitivity analyses	
Results			
Participants	13*	(a) Report numbers of individuals at each stage of study—eg numbers potentially eligible, examined for eligibility, confirmed eligible, included in the study, completing follow-up, and analysed	6
		(b) Give reasons for non-participation at each stage	6
		(c) Consider use of a flow diagram	Fig. 1
Descriptive Data	14*	(a) Give characteristics of study participants (eg demographic, clinical, social) and information on exposures and potential confounders	6
		(b) Indicate number of participants with missing data for each variable of interest	6
		(c) *Cohort study*—Summarise follow-up time (eg, average and total amount)	
Outcome Data	15*	*Cohort study*—Report numbers of outcome events or summary measures over time	7-8
		Case-control study—Report numbers in each exposure category, or summary measures of exposure	
		Cross-sectional study—Report numbers of outcome events or summary measures	

Continue on the next page

Section and Item	Item No.	Recommendation	Reported on Page No.
Main Results	16	(*a*) Give unadjusted estimates and, if applicable, confounder-adjusted estimates and their precision (eg, 95% confidence interval). Make clear which confounders were adjusted for and why they were included	7-8
		(*b*) Report category boundaries when continuous variables were categorized	
		(*c*) If relevant, consider translating estimates of relative risk into absolute risk for a meaningful time period	
Other Analyses	17	Report other analyses done—eg analyses of subgroups and interactions, and sensitivity analyses	7-8
Discussion			
Key Results	18	Summarise key results with reference to study objectives	8-11
Limitations	19	Discuss limitations of the study, taking into account sources of potential bias or imprecision. Discuss both direction and magnitude of any potential bias	10-11
Interpretation	20	Give a cautious overall interpretation of results considering objectives, limitations, multiplicity of analyses, results from similar studies, and other relevant evidence	11
Generalisability	21	Discuss the generalisability (external validity) of the study results	11
Other Information			
Funding	22	Give the source of funding and the role of the funders for the present study and, if applicable, for the original study on which the present article is based	16

*Give information separately for cases and controls in case-control studies and, if applicable, for exposed and unexposed groups in cohort and cross-sectional studies.

Supplementary Material SM3. Frequency distribution of qualitative variables: total sample and by sex, and comparison between sexes.

Variable	N (%)	Sex		Significance	Diff. Proportions (SE) (CI95%)
		Males (%)	Females (%)		
Referred by (N=268):				0.068	
Primary care	80 (29.9)	32 (25.8)	48 (33.3)		
Other specialists	118 (44.0)	64 (51.6)	54 (37.5)		
Own will	70 (26.1)	28 (22.6)	42 (29.2)		
Level of studies (N=269)				0.288	
Basic	74 (27.5)	38 (30.9)	36 (24.7)		
Secondary	113 (42.0)	53 (43.1)	60 (41.1)		
University	82 (30.5)	32 (26.0)	50 (34.2)		
Quit smoking reasons:					
Health/prevention **(N=272)**				0.961	
No	22 (8.1)	10 (8)	12 (8.2)		
Yes	250 (91.9)	115 (92.0)	135 (91.8)		
Health/Decrease in symptom **(N=271)**				0.019	
No	92 (33.9)	33 (26.6)	59 (40.1)		
Yes	179 (66.1)	91 (73.4)	88 (59.9)	0.017	13.52 (0.06) (1.68 to 25.37)
Stop being dependent **(N=272)**				0.819	
No	122 (44.9)	57 (45.6)	65 (44.2)		
Yes	150 (55.1)	68 (54.4)	82 (55.8)		
Saving money **(N=272)**				0.571	
No	153 (56.3)	68 (54.4)	85 (57.8)		
Yes	119 (43.8)	57 (45.6)	62 (42.2)		
Quality of life **(N=272)**				0.137	
No	111 (40.8)	45 (36.0)	66 (44.9)		
Yes	161 (59.2)	80 (64.0)	81 (55.1)		
Do not harm my children/partner **(N=272)**				0.111	
No	181 (66.5)	77 (61.6)	104 (70.7)		
Yes	91 (33.5)	48 (38.4)	43 (29.3)		
Be a good example **(N=267)**				0.229	
No	180 (67.4)	79 (63.7)	101 (70.6)		
Yes	87 (32.6)	45 (36.3)	42 (28.4)		
Smoke/Smoked father (N=268)				0.637	
No	60 (22.4)	25 (20)	35 (24.5)		
Yes	203 (75.7)	98 (78.4)	195 (72.4)		
Do not know	5 (1.9)	2 (1.6)	3 (2.1)		
Smoke/Smoked mother (N=267)				0.514	
No	209 (78.3)	97 (78.9)	112 (77.8)		
Yes	52 (19.5)	22 (17.9)	30 (20.8)		
Do not know	6 (2.2)	4 (3.3)	2 (1.4)		

SM 3 (cont.): Frequency distribution of qualitative variables: total sample and by sex, and comparison between sexes.

Variable	N (%)	Sex		Significance	Diff. in proportions (SE) (CI95%)
		Males (%)	Females (%)		
Smoke/Smoked older brother (N=258)				0.090	
No	84 (32.6)	42 (35.3)	42 (30.2)		
Yes	125 (48.4)	49 (41.2)	76 (54.7)		
Do not know	5 (1.9)	4 (3.4)	1 (0.7)		
Not applicable	44 (17.1)	24 (20.2)	20 (14.4)		
Other brothers smoke (N=265)				0.898	
They do not smoke in the majority	100 (37.7)	48 (39.3)	52 (36.4)		
They smoke in the majority	94 (35.5)	42 (34.4)	52 (36.4)		
There are the same number of smokers as non-smokers	35 (13.2)	17 (13.9)	18 (12.6)		
Not applicable	36 (13.6)	15 (12.3)	21 (14.7)		
Friends smoke (N=262)				0.630	
They do not smoke in the majority	91 (34.7)	39 (32.2)	52 (36.9)		
They smoke in the majority	109 (41.6)	54 (44.6)	55 (39)		
There are the same number of smokers as non-smokers	62 (23.7)	28 (23.1)	34 (24.1)		
Co-workers smoke (N=226)				0.680	
They do not smoke in the majority	109 (48.2)	50 (46.7)	59 (49.6)		
They smoke in the majority	76 (33.6)	39 (36.4)	37 (31.1)		
There are the same number of smokers as non-smokers	41 (18.1)	18 (16.8)	23 (19.3)		
COPD (N=269)				0.001	
No	177 (65.8%)	68 (55.3)	109 (74.7)	<0.001	19.37 (0.06) (7.35 to 31.37)
Yes	62 (23.0)	41 (33.3)	21 (14.4)	<0.001	18.95 (0.05) (8.11 to 29.79)
Do not know	30 (11.2)	14 (11.4)	16 (11)	0.913	
Asthma (N=270)				0.308	
No	250 (92.6)	117 (94.4)	133 (91.1)		
Yes	20 (7.4)	7 (5.6)	13 (8.9)		
Diabetes mellitus (N=266)				0.074	
No	246 (92.5)	109 (89.3)	137 (95.1)		
Yes	20 (7.5)	13 (10.7)	7 (4.9)		
Arterial hypertension (N=270)				0.152	
No	217 (80.4)	95 (76.6)	122 (83.6)		
Yes	53 (19.6)	29 (23.4)	24 (16.4)		
Ischemic heart disease (N=270)				0.068	
No	252 (93.3)	112 (90.3)	140 (95.9)		
Yes	18 (6.7)	12 (9.7)	6 (4.1)		

SM 3 (cont.): Frequency distribution of qualitative variables: total sample and by sex, and comparison between sexes.

Variable	N (%)	Sex		Significance	Diff. in proportions (SE) (CI95%)
		Males (%)	Females (%)		
Lung cancer (N=265)				0.004	
No	258 (97.4)	115 (94.7)	143 (100)		
Yes	7 (2.6)	7 (5.7)	0 (0.0)	0.006	5.74 (0.02) (0.85 to 10.62)
Bladder cancer (N=270)				1.000	
No	269 (99.6)	124 (100)	145 (99.3)		
Yes	1 (0.4)	0 (0.0)	1 (0.7)		
Cerebral stroke (N=270)				0.459	
No	269 (99.6)	123 (99.2)	146 (100.0)		
Yes	1 (0.4)	1 (0.8)	0 (0.0)		
Depression (N=269)				0.044	
No	223 (82.9)	109 (87.9)	114 (78.6)		
Yes	46 (17.1)	15 (12.1)	31 (21.4)	0.039	9.28 (0.04) (0.27 to 18.83)
Ansiety (N=270)				0.008	
No	199 (73.7)	101 (81.5)	98 (67.1)		
Yes	71 (26.3)	23 (18.5)	48 (32.9)	0.006	14.3 (0.05) (3.34 to 25.31)
Cigarettes consumption per day? (N=273)				0.227	
≤ 10	25 (9.2)	10 (7.9)	15 (10.2)		
Between 11 and 20	164 (60.1)	70 (55.6)	94 (63.9)		
Between 21 and 30	49 (17.9)	25 (19.8)	24 (16.3)		
> 30	35 (12.8)	21 (16.7)	14 (9.5)		
Pharmacological treatment (N=263)				0.258	
No	35 (13.3)	13 (10.7)	22 (15.5)		
Yes	228 (86.7)	108 (89.3)	120 (84.5)		
Psychological treatment (N=261)				0.797	
No	76 (29.1)	34 (28.3)	42 (29.8)		
Yes	185 (70.9)	86 (71.7)	99 (70.2)		
Pharmacological and Psychological treatments (N=261)				0.757	
No	83 (31.8)	37 (30.8)	46 (32.6)		
Yes	178 (68.2)	83 (69.2)	95 (67.4)		
Pharmacological/Psychological treatment type (N=261)				0.669	
No treatment	28 (10.7)	10 (8.3)	18 (12.8)		
Pharmacological treatment only	48 (18.4)	24 (20)	24 (17.0)		
Psychological treatment only	7 (2.7)	3 (2.5)	4 (2.8)		
Both treatments together	178 (68.2)	83 (69.2)	95 (67.4)		

SM 3 (cont.): Frequency distribution of qualitative variables: total sample and by sex, and comparison between sexes.

Variable	N (%)	Sex		Significance	Diff. in proportions (SE) (CI95%)
		Males (%)	Females (%)		
NRT (N=261)				0.749	
No	173 (66.3)	77 (65.3)	96 (67.1)		
Yes	88 (33.7)	41 (34.7)	47 (32.9)		
Nicotine patches (N=261)				0.986	
No	210 (80.5)	95 (80.5)	115 (80.4)		
Yes	51 (19.5)	23 (19.5)	28 (19.6)		
Nicotine chewing gums (N=261)				0.972	
No	217 (83.1)	98 (83.1)	119 (83.2)		
Yes	44 (16.9)	20 (16.9)	24 (16.8)		
Nicotine tablet (N=261)				0.254	
No	240 (92.0)	111 (94.1)	129 (90.2)		
Yes	21 (8.0)	7 (5.9)	14 (9.8)		
Nicotine oral spray (N=261)				0.984	
No	241 (92.3)	109 (92.4)	132 (92.3)		
Yes	20 (7.7)	9 (7.6)	11 (7.7)		
NRT combinations					
Patches + gums (N=261)				0.946	
No	243 (93.1)	110 (93.2)	133 (93.0)		
Yes	18 (6.9)	8 (6.8)	10 (7.0)		
Patches + Tablet (N=261)				0.247	
No	245 (93.9)	113 (95.8)	132 (92.3)		
Yes	16 (6.1)	5 (4.2)	11 (7.7)		
Patches + Oral spray (N=261)				0.801	.
No	249 (95.4)	113 (95.8)	136 (95.1)		
Yes	12 (4.6)	5 (4.2)	7 (4.9)		
Patches + Gums + Tablet (N=261)				0.891	
No	259 (99.2)	117 (99.2)	142 (99.3)		
Yes	2 (0.8)	1 (0.8)	1 (0.7)		
Patches + Gums + spray (N=261)				0.503	
No	259 (99.2)	118 (100)	141 (98.6)		
Yes	2 (0.8)	0 (0,0)	2 (1.4)		
Patches + Gums + Tablet + spray (N=261)				-	
No	261 (100)	118 (45.2)	143 (54.8)		
Yes					
Patches + any quick NRT (N=261)				0.708	
No	221 (84.7)	101 (85.6)	120 (83.9)		
Si	40 (15.3)	17 (14.4)	23 (16.1)		

SM 3 (cont.): Frequency distribution of qualitative variables: total sample and by sex, and comparison between sexes.

Variable	N (%)	Sex		Significance	Diff. in proportions (SE) (CI95%)
		Males (%)	Females (%)		
Number of NRT therapies (N=261)				0.405	
0	173 (66.3)	77 (65.3)	96 (67.1)		
1	46 (17.6)	24 (20.3)	22 (15.4)		
2	36 (13.8)	16 (13.6)	20 (14.0)		
3	6 (2.3)	1 (0.8)	5 (3.5)		
Varenicline (N=261)				0.173	
No	116 (44.4)	47 (39.8)	69 (48.3)		
Yes	145 (55.6)	71 (60.2)	74 (51.7)		
Bupropion (N=260)				0.868	
No	246 (94.6)	111 (94.9)	135 (94.4)		
Yes	14 (5.4)	6 (5.1)	8 (5.6)		
Nortriptyline (N=252)				1.000	
No	251 (99.6)	110 (100)	141 (99.3)		
Yes	1 (0.4)	0 (0.0)	1 (0.7)		
Bupropion + NRT (N=260)				0.450	
No	259 (99.6)	116 (99.1)	143 (100)		
Yes	1 (0.4)	1 (0.9)	0 (0.0)		
Varenicline + NRT (N=261)				0.508	
No	244 (93.5)	109 (92.4)	135 (94.4)		
Yes	17 (6.5)	9 (7.6)	8 (5.6)		
Varenicline + Bupropion (N=261)				0.091	
No	258 (98.9)	115 (97.5)	143 (100)		
Yes	3 (1.1)	3 (2.5)	0 (0.0)		
Varenicline treatment alone (N=261)				0.536	
No	136 (52.1)	59 (50)	77 (53.8)		
Yes	125 (47.9)	59 (50)	66 (46.2)		
Bupropion treatment alone (N=260)				0.193	
No	250 (96.2)	115 (98.3)	135 (94.4)		
Yes	10 (3.8)	2 (1.7)	8 (5.6)		
NRT treatment only (N=260)				0.767	
No	191 (73.5)	87 (74.4)	104 (72.7)		
Yes	69 (26.5)	30 (25.6)	39 (27.3)		

SM 3 (cont.): Frequency distribution of qualitative variables: total sample and by sex, and comparison between sexes.

Variable	N (%)	Sex		Significance	Diff. in proportions (SE) (CI95%)
		Males (%)	Females (%)		
Treatment (N=260)				0.212	
Without	34 (13.1)	13 (11.1)	21 (14.7)		
Varenicline alone	125 (48.1)	59 (50.4)	66 (46.2)		
Bupropion alone	10 (3.8)	2 (1.7)	8 (5.6)		
NRT alone	69 (26.5)	30 (25.6)	39 (27.3)		
Nortriptyline alone	1 (0.4)	0 (0.0)	1 (0.7)		
Bupropion + NRT	1 (0.4)	1 (0.9)	0 (0.0)		
Varenicline + NRT	17 (6.5)	9 (7.7)	8 (5.6)		
Varenicline + Bupropion	3 (1.2)	3 (2.6)	0 (0.0)		
Treatment: alone vs. combined (N=260)				0.191	
Without treatment	35 (13.5)	13 (11.1)	22 (15.4)		
Varenicline/Bupropion/NRT alone	204 (78.5)	91 (77.8)	113 (79.0)		
Combined treatments	21 (8.1)	13 (11.1)	8 (5.6)		
Varenicline alone or combined vs. other treatment vs. without (N=260)				0.325	
Without treatment	35 (13.5)	13 (11.1)	22 (15.4)		
Others treatments	80 (30.8)	33 (28.2)	47 (32.9)		
Treatments with Varenicine	145 (55.8)	71 (60.7)	74 (51.7)		
Results (N=273)				0.736	
Failure	127 (46.5)	60 (47.6)	67 (45.6)		
Success	146 (53.5)	66 (52.4)	80 (54.4)		

N: Sample size. Diff: Difference. SE: Standard error. CI95%: Confidence interval at 95% for the difference in proportions. NRT: Nicotine replacement therapy. Cont.: Continuation.

Supplementary Material SM4. Description of the quantitative variables: Total sample and by sex, and comparison between sexes.

| Variable | Mean (SD) (N) (Range) | Sex | | Significance | Mean Differences (SE) (CI 95%) |
		Males Mean (SD) (N) (Range)	Females Mean (SD) (N) (Range)		
Age (years)	51.0 (10.6) (273) (25 to 76)	51.3 (10.8) (126) (27 to 75)	50.8 (10.6) (147) (25 to 76)	0.681	
Age of initiation (years)	16.4 (4.1) (272) (7 to 44)	15.8 (3.2) (126) (7 to 27)	17 (4.8) (146) (10 a 44)	0.023	1,.1 (0.5) (0.2 to 2.1)
Cigarettes consumption (per/day)	22.7 (10.2) (273) (4 to 60)	24 (11.3) (126) (5 to 60)	21.6 (9.1) (147) (4 to 60)	0.074	
Number of years smoking	34.6 (11.2) (272) (0 to 66)	35.5 (11.6) (126) (12 to 66)	33.9 (10.8) (146) (0 a 61)	0.243	
Cumulative consumption (packs-years)	40.3 (24.3) (272) (0 to 141)	43.9 (27.3) (126) (4.7 to 141)	37.2 (21.1) (146) (0 to 132)	0.033	6.7 (3.0) (0.5 to 12.9)
Number of previous quit attempts	1.7 (1.6) (273) (0 to 12)	1.7 (1.7) (126) (0 to 12)	1.7 (1.5) (147) (0 a 10)	0.860	
Number of previous quit attempts in the past year	0.3 (0.6) (273) (0 to 6)	0.3 (0.7) (126) (0 a 6)	0.2 (0.5) (147) (0 to 3)	0.155	
Weight (kg)	71.6 (16.1) (224) (43 to 155)	80.1 (16.5) (105) (43 to 155)	64.2 (11.3) (119) (93 to 98)	<0.001	15.9 (1.9) (12.1 to 19.7)
Height (cm)	164.3 (15.0) (218) (63 to 191)	170.3 (15.3) (102) (71 to 191)	158.9 (12.5) (116) (63 to 172)	<0.001	11.3 (1.9) (7.6 to 15.1)
Body Mass Index (Kg/m^2)	28.1 (19.6) (218) (16.2 to 217.7)	30.1 (24.5) (102) (16.2 to 217.7)	26.4 (13.8) (116) (17.5 to 163)	0.172	
Carbon monoxide (ppm)	18.4 (12.9) (208) (0 to 92)	18.5 (14.5) (98) (0 a 92)	18.4 (11.3) (110) (0 to 60)	0.990	
Visual Analog Scale	8 (1.9) (273) (0 to 10)	8.2 (1.7) (126) (2 to 10)	7.8 (2.1) (147) (3 to 10)	0.121	
Richmond test score	7.9 (1.5) (273) (3 to 10)	7.9 (1.4) (126) (4 to 10)	7.8 (1.6) (147) (3 to 10)	0.667	
Henri Mondor Paris motivation test score	13 (2.8) (273) (3 to 18)	13.1 (2.8) (126) (7 to 18)	12,9 (2.7) (147) (3 a 18)	0.656	
Khimji-Watts motivation test score	11.4 (2.5) (273) (5 to 15)	11.3 (2.5) (126) (7 to 15)	11.5 (2.5) (147) (5 to 15)	0.552	
Fagerström test score	5.9 (2.2) (273) (0 to 10)	5.9 (2.3) (126) (0 to 10)	5.9 (2.2) (147) (0 to 10)	0.977	
Heaviness Smoking Index	3.5 (1.4) (273) (0 a 6)	3.6 (1.4) (126) (0 to 6)	3.5 (1.3) (147) (0 to 6)	0.390	
Follow-up time (months)	6.8 (4.9) (273) (0.2 to 22)	6.5 (4.5) (126) (0.2 to 14.5)	7.0 (5.3) (147) (0.2 to 22)	0.744	

SD: Standard deviation. N: Sample size. SE: Standard error. CI 95; Confidence interval al 95% for mean differences

Supplementary Material SM5. Frequency distribution of qualitative variables as a function of the result variable: total sample.

Variable (N)	Result		Significance	Diff. in Proportions (SE) (CI95%)
	Failure (%)	**Success (%)**		
Sex (N=273)			0.736	
Female	67 (52.8)	80 (54.8)		
Males	60 (47.2)	66 (45.2)		
Referred by (N=268):			0.378	
Primary Care	32 (25.8)	48 (33.3)		
Other specialists	59 (47.6)	59 (41)		
Own will	33 (26.6)	37 (25.7)		
Level of studies (N=269)			0.011	
Basic	37 (29.6)	37 (25.7)	0.475	
Secondary	41 (32.8)	72 (50.0)	0.004	17.2 (0.06) (4.8 to 29.5)
University	47 (37.6)	35 (24.3)	0.018	13.3 (0.06) (1.5 to 25.0)
Quit smoking reasons:				
Health/prevention **(N=272)**			0.746	
No	11 (8.7)	11 (7.6)		
Yes	116 (91.3)	134 (92.4)		
Health/Decrease in symptoms **(N=271)**			0.587	
No	41 (32.3)	51 (35.4)		
Yes	86 (67.7)	93 (64.6)		
Stop being dependent **(N=272)**			0.469	
No	54 (42.5)	68 (46.9)		
Yes	73 (57.5)	77 (53.1)		
Saving money **(N=272)**			0.264	
No	76 (59.8)	77 (53.1)		
Si	51 (40.2)	68 (46.9)		
Quality of life **(N=272)**			0.591	
No	54 (42.5)	57 (39.3)		
Yes	73 (57.5)	88 (60.7)		
Do not harm my children/partner **(N=272)**			0.369	
No	88 (69.3)	93 (64.1)		
yes	39 (30.7)	52 (35.9)		
Be a Good example **(N=267)**			0.809	
No	82 (66.7)	98 (68.1)		
Yes	41 (33.3)	46 (31.9)		
Smoke/Smoked father (N=268)			0.121	
No	34 (27.6)	26 (17.9)		
Yes	86 (69.9)	117 (80.7)		
Do not know	3 (2.4)	2 (1.4)		

SM 5 (cont.). Frequency distribution of qualitative variables as a function of the result variable: total sample.

Variable	Result		Significance	Diff. in Proportions (SE) (CI95%)
	Failure N (%)	Success N (%)		
Smoke/Smoked mother (N=267)			0.805	
No	98 (79.0)	111 (77.6)		
Yes	24 (19.4)	28 (19.6)		
Do not know	2 (1.6)	4 (2.8)		
Smoke/Smoked older brother (N=258)			0.048	
No	45 (38.5)	39 (27.7)	0.066	
Yes	56 (47.9)	69 (48.9)	0.864	
Do not know	0 (0.0)	5 (3.5)	0.023	3.55 (0.02) (-7.38 to 0.29)
Not applicable	16 (13.7)	28 (19.9)	0.181	
Other brothers smoke (N=265)			0.740	
They do not smoke in the majority	49 (39.8)	51 (35.9)		
They smoke in the majority	45 (36.6)	49 (34.5)		
There are the same number of smokers as non-smokers	14 (11.4)	21 (14.8)		
Not applicable	15 (12.2)	21 (14.8)		
Friends smoke (N=262)			0.042	
They do not smoke in the majority	36 (29.8)	55 (39.0)	0.113	
They smoke in the majority	48 (39.7)	61 (43.3)	0.556	
There are the same number of smokers as non-smokers	37 (30.6)	25 (17.7)	0.015	12.85 (0.05) (1.73 to 23.97)
Co-workers smoke (N=226)			0.084	
They do not smoke in the majority	49 (45.4)	60 (50.8)		
They smoke in the majority	33 (30.6)	43 (36.4)		
There are the same number of smokers as non-smokers	26 (24.1)	15 (12.7)		
COPD (N=269)			0.952	
No	84 (66.7)	93 (65.0)		
Yes	28 (22.2)	34 (23.8)		
Do not know	14 (11.1)	16 (11.2)		
Asthma (N=270)			0.877	
No	117 (92.9)	133 (92.4)		
Yes	9 (7.1)	11 (7.6)		
Diabetes mellitus (N=266)			0.779	
No	115 (92)	131 (92.9)		
Yes	10 (8)	10 (7.1)		
Arterial hypertension (N=270)			0.316	
No	98 (77.8)	119 (82.6)		
Yes	28 (22.2)	25 (17.4)		
Ischemic heart disease (N=270)			0.078	
No	114 (90.5)	138 (95.8)		
Yes	12 (9.5)	6 (4.2)		

SM 5 (cont.). Frequency distribution of qualitative variables as a function of the result variable: total sample.

Variable		Result		Significance	Diff. in Proportions (SE) (CI95%)
		Failure N (%)	Success N (%)		
Lung cancer (N=265)				0.709	
	No	120 (96.8)	138 (97.9)		
	Yes	4 (3.2)	3 (2.1)		
Bladder cancer (N=270)				0.467	
	No	125 (99.2)	144 (100)		
	Yes	1 (0.8)	0 (0.0)		
Cerebral stroke (N=270)				0.467	
	No	125 (99.2)	144 (100)		
	Yes	1 (0.8)	0 (0.0)		
Depression (N=269)				0.616	
	No	106 (84.1)	117 (81.8)		
	Yes	20 (15.9)	26 (18.2)		
Ansiety (N=270)				0.089	
	No	99 (78.6)	100 (69.4)		
	Yes	27 (21.4)	44 (30.6)		
Cigarettes consumption per day? (N=273)				0.442	
	≤ 10	15 (11.8)	10 (6.8)		
	Between 11 and 20	71 (55.9)	93 (63.7)		
	Between 21 and 30	24 (18.9)	25 (17.1)		
	> 30	17 (13.4)	18 (12.3)		
Pharmacological and Psychological treatment type(N=261)				0.414	
	No treatment	12 (9.8)	16 (11.6)		
	Pharmacological treatment only	27 (22)	21 (15.2)		
	Psychological treatment only	2 (1.6)	5 (3.6)		
	Both treatments together	82 (66.7)	96 (69.6)		
NRT treatment (N=261)				0.025	
	No	71 (59.2)	102 (72.3)		
	Yes	49 (40.8)	39 (27.7)	0.024	13.17 (5.86) (0.92 to 25.43)
Nicotine Patches **(N=261)**				0.082	
	No	91 (75.8)	119 (84.4)		
	Yes	29 (24.2)	22 (15.6)		
Nicotine gums **(N=261)**				0.459	
	No	102 (85)	115 (81.6)		
	Yes	18 (15)	26 (18.4)		
Nicotine tablet (N=261)				0.127	
	No	107 (89.2)	133 (94.3)		
	Yes	13 (10.8)	8 (5.7)		

SM 5 (cont.). Frequency distribution of qualitative variables as a function of the result variable: total sample.

Variable	Result		Significance	Diff. in Proportions (SE) (CI95%)
	Failure N (%)	Success N (%)		
Nicotine oral spray **(N=261)**			0.190	
No	108 (90)	133 (94.3)		
Yes	12 (10)	8 (5.7)		
NRT combinations				
Patches + gums **(N=261)**			0.036	
No	116 (96.7)	127 (90.1)		
Yes	4 (3.3)	14 (9.9)	0.028	6.60 (3.00) (-0.06 to 13.26)
Patches + tablet **(N=261)**			0.171	
No	110 (91.7)	135 (95.7)		
Yes	10 (8.3)	6 (4.3)		
Patches + Oral spray **(N=261)**			0.141	
No	112 (93.3)	137 (97.2)		
Yes	8 (6.7)	4 (2.8)		
Patches + Gums + Tablet **(N=261)**			1.000	
No	119 (99.2)	140 (99.3)		
Yes	1 (0.8)	1 (0.7)		
Patches + Gums + Oral spray **(N=261)**			1.000	
No	119 (99.2)	140 (99.3)		
Yes	1 (0.8)	1 (0.7)		
Patches + Gums + Tablet + Oral spray **(N=261)**				
No	120 (100)	141 (100)		
Si	-	-		
Patches + Any quick NRT **(N=261)**			0.834	
No	101 (84.2)	120 (85.1)		
Yes	19 (15.8)	21 (14.9)		
Number of NRT therapies **(N=261)**			0.067	
0	71 (59.2)	102 (72.3)		
1	20 (24.2)	17 (12.1)		
2	17 (14.2)	19 (13.5)		
3	3 (2.6)	3 (2.1)		
Varenicline (N=261)			0.157	
No	59 (49.2)	57 (40.4)		
Yes	61 (50.8)	84 (59.6)		
Bupropion (N=260)			0.767	
No	113 (94.2)	133 (95.0)		
Yes	7 (5.8)	7 (5)		
Nortriptyline (N=252)			0.351	
No	117 (100)	134 (99.3)		
Yes	0 (0.0)	1 (0.7)		

SM 5 (cont.). Frequency distribution of qualitative variables as a function of the result variable: total sample.

Variable	Result		Significance	Diff. in Proportions (SE) (CI95%)
	Failure N (%)	Success N (%)		
Bupropion + NRT (N=260)			1.000	
No	120 (100)	139 (99.3)		
Yes	0 (0.0)	1 (0.7)		
Varenicline + NRT (N=261)			0.926	
No	112 (93.3)	132 (93.6)		
Yes	8 (6.7)	9 (6.4)		
Varenicline + Bupropion (N=261)			0.470	
No	118 (98.3)	140 (99.3)		
Yes	2 (1.7)	1 (0.7)		
Varenicline treatment alone (N=261)			0.108	
No	69 (57.5)	67 (47.5)		
Yes	51 (42.5)	74 (52.5)		
Bupropion treatment alone (N=260)			1.000	
No	115 (95.8)	135 (96.4)		
Yes	5 (4.2)	5 (3.6)		
NRT treatment alone (N=260)			0.010	
No	79 (65.8)	112 (80)		
Yes	41 (34.2)	28 (20)	0.010	14.17 (5.49) (2.63 to 25.71)
Treatment (N=260)			0.258	
Without treatment	14 (11.6)	20 (14.4)		
Varenicline alone	51 (42.1)	74 (53.2)		
Bupropion alone	5 (4.1)	5 (3.6)		
NRT alone	41 (33.9)	28 (20.1)		
Nortriptyline	0 (0.0)	1 (0.7)		
Bupropion + NRT	0 (0.0)	1 (0.7)		
Varenicline + NRT	8 (6.6)	9 (6.5)		
Varenicline + Bupropion	2 (1.7)	1 (0.7)		
Treatment: alone vs. combined (N=260)			0.706	
Without treatment	14 (11.6)	21 (15.1)		
Varenicline, Bupropion or NRT alones	97 (80.2)	107 (77)		
Combined treatment	10 (8.3)	11 (7.9)		
Varenicline combined or alone vs others treatment vs without treatment (N=260)			0.060	
Without treatment	14 (11.6)	21 (15.1)	0.400	
Others treatment	46 (38)	34 (24.5)	0.018	13.56 (0.06) (1.56 to 23.55)
Tretaments with varenicline	61 (50.4)	84 (60.4)	0.103	

N: Sample size. COPD: Chronic obstructive pulmonary disease. Diff: Difference. SE: Standard error. CI95%: Confidence interval at 95% for the difference in proportions. NRT: Nicotine replacement therapy

Supplementary Material SM6. Description of the quantitative variables according to the result variable: total sample.

Variable	Result		Significance	Mean Differences (SE) (CI 95%)
	Failure Mean (SD) (N) (Range)	Success Mean (SD) (N) (Range)		
Age (years)	50.0 (10.5) (127) (25 to 75)	51.5 (10.8) (146) (25 to 76)	0.460	
Age of initiation (years)	16.5 (4.7) (126) (4 to 60)	16.4 (3.6) (146) (5 to 60)	0.933	
Cigarettes consumption (per/day)	22.6 ((10.9) (127) (4 to 60)	22.8 (9.6) (146) (5 to 60)	0.898	
Number of years smoking	34.1 (11.2) (126) (0 to 66)	35.0 (11.2) (146) (11 to 61)	0.509	
Cumulative consumption (packs-years)	39.9 (25.8) (126) (0 to 141)	40.6 (23.1) (146) (4.2 to 132)	0.810	
Number of previous quit attempts	1.7 (1.5) (127) (0 to 10)	1.7 (1.7) (146) (0 to 12)	0.750	
Number of previous quit attempts in the past year	0.2 (0.5) (127) (0 to 10)	0.3 (0.7) (146) (0 to 6)	0.198	
Weight (kg)	72.7 (16.5) (106) (43 to 155)	70.7 (15.7) (118) (43 to 131)	0.349	
Height (cm)	164.7 (14.1) (102) (73 to 191)	163.9 (15.8) (116) (63 to 186)	0.696	
Body Mass Index(kg/m^2)	28.2 (19.9) (102) (17,9 to 217.7)	28.1 (19.4) (116) (16.2 to 176.5)	0.949	
Carbon Monoxide (ppm)	17.2 (12.6) (99) (0 to 92)	19.5 (13.1) (109) (0 to 77)	0.228	
Visual Analogue Scale	7.9 (1.9) (127) (0 to 10)	8.01 (1.9) (146) (0 to 10)	0.559	
Richmond Test Score	7.9 (1.5) (127) (3 to 10)	7.8 (1.6) (146) (4 to 10)	0.732	
Henri Mondor Paris Motivation Test Score	12.8 (3.0) (127) (3 to 18)	13.2 (2.5) (146) (6 to 18)	0.190	
Khimji-Watts Motivation Test Score	11.3 (2.7) (127) (5 to 15)	11.5 (2.4) (146) (5 to 15)	0.603	
Fagerström Test Score	5.9 (2.4) (127) (0 to 10)	6.0 (2.1) (146) (0 to 10)	0.683	
Heaviness of Smoking Index Test Score	3.5 (1.5) (127) (0 to 6)	3.6 (1.3) (146) (0 to 6)	0.544	
Follow-up time (months)	3.4 (3.6) (127) (0.2 a 14.3)	9.7 (4.0) (146) (0.2 to 22.0)	<0.001	6.2 (0.5) (5,3 to 7,1)

SD: Standard deviation. N: Sample size. SE: Standard error. CI 95%: Confidence interval at 95% for mean differences.