

**Table S1.** Brief manual for pharmacists' smoking cessation counseling

5 A's	Action
<b>Ask participants about cigarette smoking behaviors.</b>	Ask participants about cigarette and tobacco products use, for instance, the following. <ul style="list-style-type: none"> <li>• "When did you start smoking?"</li> <li>• "How often did you smoke?"</li> <li>• "What was your reason for smoking your first cigarette?"</li> </ul>
<b>Advise participants to quit smoking.</b>	Recommend participants to quit in a clear, strong, and personalized manner, for instance, the following. <ul style="list-style-type: none"> <li>• "It is important that you quit smoking now, and I can help you."</li> <li>• "Quitting smoking is the most important thing you can do to protect your health."</li> <li>• "You can save money by quitting smoking."</li> </ul>
<b>Assess readiness to make a quit attempt and nicotine dependence level.</b>	Assess readiness to make a quit attempt, for instance, the following. <ul style="list-style-type: none"> <li>• "Are you ready to quit smoking now?"</li> <li>• "Do you think you have a chance of quitting successfully?"</li> </ul> Assess nicotine dependence level using the Heaviness of Smoking Index (HSI) by asking these two questions. <ul style="list-style-type: none"> <li>• "How many cigarettes do you smoke daily?" <ul style="list-style-type: none"> <li>- 1-10 cigarettes (0 score)</li> <li>- 11-20 cigarettes (1 score)</li> <li>- 21-30 cigarettes (2 scores)</li> <li>- ≥31 cigarettes (3 scores)</li> </ul> </li> <li>• "How soon after waking up do you smoke your first cigarette?" <ul style="list-style-type: none"> <li>- Within 5 minutes (3 scores)</li> <li>- 6-30 minutes (2 scores)</li> <li>- 31-60 minutes (1 score)</li> <li>- ≥61 minutes (0 score)</li> </ul> </li> </ul> The HSI summed scores are separated in 3 levels of nicotine dependence. <ul style="list-style-type: none"> <li>• Low nicotine dependence (0-2 scores)</li> <li>• Moderate nicotine dependence (3-4 scores)</li> <li>• High nicotine dependence (5-6 scores)</li> </ul> Assess causes of cigarette dependence, for instance, the following. <ul style="list-style-type: none"> <li>• "When do you usually smoke a cigarette?"</li> <li>• "What do you usually do while cigarette smoking?"</li> <li>• "What do you feel when you smoke a cigarette?"</li> </ul>
<b>Assist participants with a quit plan.</b>	Participants who are ready to quit smoking are assisted in smoking cessation using the STAR technique, for instance, the following. <ul style="list-style-type: none"> <li>• "Set a target quit date." "The target quit date should ideally be within 2 weeks."</li> <li>• "Tell your families, friends, and coworkers about your decision to quit, and ask for their understanding and support."</li> <li>• "Anticipate challenges to your upcoming quit attempt, especially during the critical first few weeks, including nicotine withdrawal symptoms, using the 5D's." <ul style="list-style-type: none"> <li>- Delay: "Delay until the craving to smoke has passed."</li> <li>- Deep breath: "When you feel the urge to smoke, try breathe deeply."</li> <li>- Drink water: "Drinking plenty of water." "Sipping water when urged to smoke a cigarette."</li> <li>- Do something else: "Distract yourself from thoughts of smoking by doing something else."</li> <li>- Destination: "Keep reminding yourself that you would like to quit successfully."</li> </ul> </li> <li>• "Remove all tobacco-related products from your home and make it smoke free." "Stay away from places where you used to smoke."</li> </ul>

**Table S1.** (Continued)

5 A's	Action
<i>Arrange for follow-up</i>	Participants who were not ready to quit smoking were assisted in smoking cessation using the 5R's.
	<ul style="list-style-type: none"> <li>• Relevance: Indicate how smoking is relevant to personal health problems.</li> <li>• Risks: Identify potential negative consequences of smoking that are relevant to personal health problems.</li> <li>• Rewards: Emphasize personal benefits of quitting smoking.</li> <li>• Roadblocks: Determine barriers to quitting and devise a solution.</li> <li>• Repetition: Repeat the motivation to quit at every visit.</li> </ul>
	Arrange for follow-up at 1, 2, 3, 4, 6, 8 and 12 weeks.
	<ul style="list-style-type: none"> <li>• Identify encountered problems.</li> <li>• Anticipate challenges in the immediate future.</li> </ul>
	<p>For participants who can quit smoking</p> <ul style="list-style-type: none"> <li>• Congratulate and affirm decision to quit.</li> <li>• Offer ongoing encouragement after quitting.</li> </ul> <p>For participants who cannot quit smoking or relapse.</p> <ul style="list-style-type: none"> <li>• Enhance motivation to quit using the 5R's.</li> <li>• Explore reasons for relapse, resolve and prevent for future lessons.</li> <li>• Set a new target quit date.</li> </ul>