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# A Pilot Study For Developing an Adolescent Smoking Cessation Program Based on Emotional and Motivational Factors

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## Abstract

This pilot study aims to explore the effect of emotional and motivational factors on peer support in the context of developing adolescent smoking prevention programs. Although it has potential for development, the use of emotional and motivational factors in adolescent smoking prevention is still limited. Moreover, this study was designed specifically in the context of the classroom setting, where adolescents generally spend most of their time. Two types of questionnaires were used as instruments to collect data in the two studies. The first one was used in Study I to collect information about students' opinions on cigarettes and smoking activities. The second type was used in Study II to examine the effect of emotional and motivational factors on peer support. For study replication needs, we provide a study protocol. This protocol describes a process starting from study preparation to data collection.

The current study was focused on students located in Palembang, the capital of South Sumatra Province, Indonesia. The entire data collection process was carried out in 2021 - 2022. Participants who participated in this study were: 1) male or female students, 2) Registered as class XI students, and 3) Aged between 15 - 17 years old. The participant was recruited from public and nonpublic high schools where the study is located. Before the study was carried out, we contacted several high schools in Palembang to ask for their availability. Among the three candidates, one high school expressed its willingness to participate (high school A).

The data collection method used is an online self-administrated survey (e.g. Google Form). The data collection process also involved the homeroom teacher, who helped distribute the online questionnaire link. Participants received a Google form link from their homeroom teacher and filled out the questionnaire online. Participants completed the questionnaire survey in about 10–15 min. Informed consent was obtained from all participants in this study, which was embedded at the beginning of the questionnaire. Participants completed the process of filling out the questionnaire by submitting it. Activity details is listed in the "steps section"

## Guidelines

Researchers ensure that they have obtained ethical approval from their institution and comply with the rules that apply. Two pre-data collection processes can run simultaneously, i.e. study questionnaire design and high school approach. The study questionnaire was designed as an online self-administrated survey. The use of online questionnaires allows participant responses can be instantly recorded in the system. The researcher creates an online study questionnaire using online survey form providers, i.e. Google Forms. The questionnaire validity (e.g. face and construct validity) is tested according to the research proposal and to ensure they are readable for participants. Attention check may be used as an additional option to ensure that your target audience is reading each question carefully (e.g. make an instruction to participants intentionally select a specific answer).

The other pre-data collection process is the school approach. In this phase, an approach is made to several high schools to obtain a willingness to participate in this study. If the school is interested, they will allow their student to participate. To facilitate the distribution of questionnaires, researchers can request permission to access class group chat via homeroom teacher. Before that, permission from the homeroom teacher's willingness is needed to distribute the questionnaires to their students (via an online platform, e.g. WhatsApp group). When the link is posted in the group chat, it will be available for everyone in the group and it will reach eligible participants directly.

Before the participant fills out the questionnaire, remind the participant to read and give their consent. Make sure they read the participant consent section by reminding them in the group chat. An online questionnaire allows the form owner to set a conditional question in order to proceed to the next stage. Without participant consent, they cannot be filled and finished the research questionnaire. The final step is to make sure the data collected reach a sufficient number of participant. All information gathered from the pilot study will be used for developing a school-based adolescent smoking prevention program.

## Materials

Questionnaire I:
https://docs.google.com/forms/d/e/1FAIpQLSdN-6T8RZb5YhIKI1inW6uX3K6ruzPxIzfIqgRH97dX_xSWew/viewform

Questionnaire II:
https://docs.google.com/forms/d/e/1FAIpQLSc17c28XrntKmyWyxBh8NEXinBLGFpKkVP0LDVApBR6JOD9gw/viewform

## Troubleshooting

## Before start

1. Creates research instrument and make sure it works well
2. Make sure the participant reads the survey instruction
3. Make sure the participant reads the consent section and gives their consent
4. Make sure the attention check works well
5. Recruit a sufficient number of participants

## Preparation

1 Request ethical approval for your study

2 Creates a study questionnaire (e.g. using Google form). It is important to add participant's consent at the beginning of the questionnaire section.

3 Approach several high schools to obtain a willingness to participate (allowed their students participation).

## Data collection

4 Before the data collection is started. Ask the homeroom teacher's willingness to distribute questionnaires to their students (via an online platform, e.g. WhatsApp group)

5 Eligible participants received a survey questionnaire

6 Request a participant's consent before they filled the questionnaire

7 Recruit a sufficient number of participant

## Protocol references

Ilse Verveer, Danielle Remmerswaal, Joran Jongerling, Frederik M. van der Veen, Ingmar H. A. Franken 2020. Testing repetitive tDCS on daily smoking behaviour: A placebo controlled EMA study. **protocols.io** https://dx.doi.org/10.17504/protocols.io.bcgdits6