Code Dictionary: Post Review

Cravings as a Concept:

Knowledge of cravings as a constant, something that all of those quitting smoking face. This can be positive or negative sentiment, just recognising them as a concept

Participation:

Subject has mentioned participation in the task to some degree

Skepticism:  
Subject is skeptical of the effectiveness of the application or the study

Exercise Habits:

Subject mentions establishing or having exercise habits

Distractions:

Awareness of an attempt to distract oneself from craving or smoking in general.

Smoking Habits:

Subject mentions their smoking habits, whether as routine or when triggered by some stimuli

Negative Awareness:

Subject mentions the negative aspects that can come with attempting to quit smoking

Stress:

Subject mentions stress, is stressed or the possibility of becoming stressed

Activity Wasn't a Priority:

Subject didn’t prioritise the activity for some reason

Sleep Habits:

Subject mentions their sleeping habits, changed or acknowledged them

Mindfulness:

Subject mentions breathing techniques, relaxation techniques or some other mental wellness consideration

Planning Ahead:

Subject mentions forming a plan for their future cessation attempt

Quantifying Blockers:

Subject visualises and considers blocker to their goal of cessation

Prioritising Quitting:  
When the subject alludes to or infers that cessation is a process that they have committed to or have committed to in the past.

Outside and Inside:  
Does the subject differ on their perspective of smoking inside or outside? Does their environment impact their habits?

Proximity to Other Smokers:  
Is the subject influenced by other smokers? Positively or Negatively.

Self Affirmation:

Subject affirms themselves or has a degree of confidence in themselves.

Links with other Addictions:

Does the subject have other addictions or habitual behaviour? Coffee/Caffeine/Alcohol etc

Perception from Loved Ones:

Subject notes or considers their family or friends

Discouraged:

Is the subject discouraged by an activity in the study?

Intentional Reduction:

Does the subject directly reduce cigarette intake?

Money as a Factor:

Does the subject mention finance as a factor?

Inspired Research:

Does the subject mention they sought external information?

Optimism:

Does the subject express optimism?

Future Worries:

Does the subject express concern over potential future health concerns, short term or long term?

Apathy:

Does the subject demonstrate apathy towards quitting or the study?

Perception of Environment:

Does the subject note an issue with the study environment? Repetitive tasks, quality of tasks etc.