

Table 1. Intrinsic and extrinsic factors of Challenges to Stopping Smoking scale (n=100).

Factors	Not a challenge %	Minor challenge %	Moderate challenge %	Major challenge %
Intrinsic				
Easy availability of cigarettes	26	10	14	50
Withdrawal symptoms (e.g. depression, anxiety, restlessness, irritability, sleeplessness, cravings)	18	12	26	44
Being addicted to cigarettes ^a	16	17	25	41
Seeing things or people which reminded me of smoking	18	20	24	38
Getting bored when I was trying to stop smoking	22	16	32	30
Thinking about never being able to smoke again after we stop smoking	37	15	20	28
Something stressful happened when I was trying to stop smoking	26	20	26	28
Feeling lost without cigarettes	22	21	30	27
Having strong emotions or feelings such as anger, or feeling upset when I tried stopping smoking	29	23	26	22
Extrinsic				
Difficulty in finding someone to help me to stop smoking	31	20	15	34
The cost of stop-smoking medicines such as nicotine replacement therapy	32	18	16	34
Fear of failing to stop smoking	35	21	11	33
Belief that I can stop smoking in the future if I need to	29	16	23	32
Lack of encouragement or help from family or friends to stop smoking	39	22	12	27
Use of other substances like cannabis, alcohol, etc.	49	9	16	26
Belief that medicines to stop smoking do not work	34	26	15	25
Lack of support or encouragement from health professionals to stop smoking	42	19	15	24
Fear of side effects from stop-smoking medications	41	16	21	22
Fear that stopping smoking may interrupt social relationships	52	20	12	16
Family members or friends encouraging me to smoke	59	15	11	15
Fear of weight gain if I stopped smoking	60	13	14	13

^a Missing data = 1.