

Supplemental Table 1. Summary of group behavioural counselling intervention timeline and session topics.

<u>Week</u>	<u>Session Topic</u>
After informed consent	Orientation using the 5 As (Ask, Advice, Assess, Assist, Arrange)
Session 1 (Week 1)	1. Introduction to the program and reasons to quit
Session 2 (Week 3)	2. Benefits of quitting and understanding why we smoke and ways of quitting, setting quit date
Session 3 (Week 5)	3. Withdrawal symptoms and social support
Session 4 (Week 7)	4. Dealing with stress and anxiety and coping with depression
Session 5 (Week 9)	5. Assertiveness training and anger management
Session 6 (Week 11)	6. Tobacco-free lifestyle and dealing with high risk situations
Follow up sessions (Weeks 14-26)	7. Discussions on participants' feelings, cessation attempts, barriers experienced, and how they coped
	8. Documentation of self-reported quit attempts
	9. Support offered as per participants' experiences/ challenges

Supplemental Table 2. Characteristics of participants who completed study versus those who did not.

		Participants characteristics				
		Did not complete study		Completed study		p-value
		N=35	%	N=62	%	
gender	Male	31	37.3%	52	62.7%	0.53
	Female	4	28.6%	10	71.4%	
	None	0	0.0%	1	100.0%	
Education level	Primary	6	20.7%	23	79.3%	0.09
	Secondary	17	41.5%	24	58.5%	
	College	11	55.0%	9	45.0%	
	University	1	16.7%	5	83.3%	
Occupation	Unemployed	12	32.4%	25	67.6%	0.54
	Student	0	0.0%	3	100.0%	
	Self employed	14	42.4%	19	57.6%	
	Employed	9	39.1%	14	60.9%	
	Retired	0	0.0%	1	100.0%	
General health	Poor	6	37.5%	10	62.5%	0.84
	Fair	12	32.4%	25	67.6%	
	Good	17	38.6%	27	61.4%	
Mental health disorder	Substance dependence	24	36.9%	41	63.1%	0.59
	Major depression	6	40.0%	9	60.0%	
	Schizophrenia	2	28.6%	5	71.4%	
	Bipolar	2	22.2%	7	77.8%	
	Depression	1	100.0%	0	0.0%	
	Anxiety	0	0.0%	0	0.0%	
Tobacco product	Cigarettes	34	36.6%	59	63.4%	0.64
	Kuber	1	25.0%	3	75.0%	
	Shisha	0	0.0%	0	0.0%	
	Smokeless tobacco	0	0.0%	0	0.0%	

Supplemental Table 3. Reduction in the self-reported number of cigarettes or kuber smoked over the study period, by intervention and control group.

	Intervention (N=33)	Control (N=29)	p-value
Number smoked at baseline, median (IQR)	9 (8, 16)	14 (9, 16)	0.68
Number smoked at 24-week follow- up, median (IQR)	2 (1, 3)	10 (7, 16)	<0.01
Reduction in number smoked, median (IQR)	8 (6, 13)	2 (-2, 6)	<0.01
Proportion of participants with any reduction in tobacco consumption (95% CI)	97.0% (90.8%, 100%)	58.6% (39.6%, 77.7%)	<0.0001

Supplemental Table 4. Any improvement in health-related quality of life score between intervention and control groups measured by the World Health Organization Quality of Life Brief Questionnaire with corresponding odds ratio for any improvement.

Domains		Intervention	Control	OR (95% CI)	p-value
		N=33	N=29		
Physical health	Yes	15 (30.6%)	5 (10.4%)	3.79 (1.25, 11.48)	0.01
	No	34 (69.4%)	43 (89.6%)		
Psychological	Yes	14 (28.6%)	8 (16.7%)	2.00 (0.75, 5.33)	0.16
	No	35 (71.4%)	40 (83.3%)		
Social relationships	Yes	15 (30.6%)	8 (16.7%)	2.21 (0.83, 5.83)	0.11
	No	34 (69.4%)	40 (83.3%)		
Environment	Yes	17 (34.7%)	4 (8.3%)	5.84 (1.79, 19.03)	<0.01
	No	32 (65.3%)	44 (91.7%)		

Yes: Increased score; No: No improvement

Supplemental Table 5. Adjusted outcomes for health-related quality of life.

Physical domain						
	Coefficient	S.E. of coefficient	p-value	OR	95% C.I. for OR	
					Lower	Upper
Group	1.12	0.61	0.07	3.06	0.93	10.13
Age	0.01	0.03	0.78	1.01	0.94	1.08
Gender	0.93	0.72	0.20	2.53	0.61	10.43
Use of AOD	1.35	0.60	0.03	3.85	1.19	12.51
Mental health disorder	-.39	0.35	0.28	0.68	0.34	1.36
Psychological domain						
	Coefficient	S.E. of coefficient	p-value	OR	95% C.I. for OR	
					Lower	Upper
Group	0.43	0.55	0.44	1.54	0.52	4.53
Age	0.04	0.04	0.30	1.04	1.00	1.11
Gender	-.353	0.75	0.64	0.70	0.16	3.06
Use of AOD	0.53	0.63	0.41	1.70	0.49	5.87
Mental health disorder	-1.62	0.73	0.03	0.20	0.05	0.83
Social domain						
	Coefficient	S.E. of coefficient	p-value	OR	95% C.I. for OR	
					Lower	Upper
Group	0.83	0.54	0.12	2.30	0.80	6.66
Age	0.04	0.03	0.14	1.04	0.99	1.11
Gender	0.77	0.67	0.25	2.16	0.58	8.08
Use of AOD	0.26	0.57	0.65	1.29	0.43	3.92
Mental health disorder	-.18	0.28	0.52	0.84	0.49	1.44
Environment domain						
	Coefficient	S.E. of coefficient	p-value	OR	95% C.I. for OR	
					Lower	Upper
Group	1.87	0.66	0.004	6.46	1.79	23.34
Age	0.05	0.04	0.19	1.05	0.98	1.12
Gender	-.35	0.77	0.65	0.71	0.16	3.21
Use of AOD	0.16	0.62	0.80	1.17	0.35	3.94
Mental health disorder	-.59	0.39	0.14	0.56	0.26	1.20

*Adjusted for age, gender, baseline AOD, and baseline type of mental illness.

AOD: Alcohol and other drug use, but not diagnosed as a substance use disorder

Supplemental Figure 1. Clinical trial flow chart for the group behavioral tobacco cessation intervention.

