

Table 1 Distribution of the control and experimental groups according to variables on tobacco use status and quitting efforts

Variable	Control group (n = 35)		Experimental group (n = 35)	
	No.	%	No.	%
Frequency of cigarette use				
Every day	30	85.7	28	80.0
Some days	5	14.3	7	20.0
Time of smoking after waking up				
5 min	3	8.6	0	0.0
5 min to 30 min	3	8.6	4	11.4
30 min to 1 h	10	28.6	5	14.3
After 1 h	17	48.6	26	74.3
No response	2	5.7	0	0.0
Time since last attempt to quit				
30 days	2	5.7	9	25.7
1–6 months	6	17.1	8	22.9
7–12 months	6	17.1	2	5.7
> 1 year	7	20.0	10	28.6
Don't remember	14	40.0	5	14.3
No response	0	0.0	1	2.9
Highest number of quitting days in past year				
< 1 week	11	31.4	11	31.4
1 week to 1 month	4	11.4	7	20.0
2–3 months	4	11.4	2	5.7
4–6 months	1	2.9	3	8.6
7 months to 1 year	1	2.9	0	0.0
> 1 year	4	11.4	1	2.9
Don't remember	1	2.9	2	5.7
No response	9	25.7	9	25.7