

Supplement file 1. The example of text-message and infographic for promoting smoking cessation

	<b>The example of smoking cessation message</b>
Motivation	“Tell your near and dear ones that you are trying to quit tobacco today. Ask for their support to stay tobacco free.
To give information	Find out how much money you spend on tobacco. Think about what else you could do with that money!
To give information	You may be restless, anxious, have sleep difficulty or constipation after quitting tobacco.
To give information	24 hours tobacco free ...well done! Be sure to reward yourself. Celebrate with your family and friends.
To motivate	Very good that you do not miss tobacco. Stay strong and tobacco free. You are on your way to a healthier life!
To motivate	Stay calm. To feel better, hear music, take deep breaths, walk, pray.
To give information	Drink lots of fluids like lime juice, buttermilk, coconut water. Avoid cold drinks and alcohol.
To motivate	Quitting is hard and may take a few tries.

## Supplement file 2. Example of infographic

