Table 1 Dimensions of Smoking Abstinence Self-Efficacy Scale

| Dimension | Items and contents                                                                 |
|-----------|-----------------------------------------------------------------------------------|
| Positive Smoking Abstinence Self-Efficacy, SASEP | ○,1 At parties with friends; ○,2 Tea, rest, chat; ○,3 Spouses, or good friends are smokers when with them; |
| Negative Smoking Abstinence Self-Efficacy, SASEN | ○,1 When feeling more anxious and depressed; ○,2 When very angry; ○,3 When things don't go your way or you fail; |
| Habitual Smoking Abstinence Self-Efficacy, SASEH | ○,1 After getting up in the morning; ○,2 When you feel you need refresh yourself; ○,3 When you think you haven't smoked in a while |

Table 2 Demographic Information of Respondents (n=568)

| Demographic information | The grouping                          | Number of people | The percentage (%) |
|-------------------------|---------------------------------------|------------------|--------------------|
| Gender                  | Male                                  | 511              | 90.0               |
|                         | Female                                | 57               | 10.0               |
| Age                     | Under the age of 30                   | 30               | 5.3                |
|                         | Age of 30-50                          | 177              | 31.2               |
|                         | Age 50 and above                      | 361              | 63.6               |
| Marital status          | Unmarried                             | 39               | 6.9                |
|                         | Married                               | 490              | 86.3               |
|                         | Divorced                              | 21               | 3.7                |
|                         | Others (separation, widowhood, etc.)  | 18               | 3.2                |
| Level of education      | Primary school and below              | 40               | 7.0                |
|                         | Junior high school                    | 120              | 21.1               |
|                         | High school/technical secondary school/technical school | 163 | 28.7 |
|                         | College or bachelor                   | 223              | 39.3               |
|                         | Postgraduate or above                 | 22               | 3.9                |
| Type of work            | Production, operation and service personnel | 63 | 11.1 |
|                         | Business and service personnel         | 77               | 13.6               |
|                         | Personnel of state organs, party and mass organizations, enterprises and institutions | 55 | 9.7 |
|                         | Professional technician               | 57               | 10.0               |
|                         | Other workers (soldiers, unemployed, students, etc.) | 78 | 13.7 |
|                         | Retired person                        | 238              | 41.9               |
Average monthly income

| Monthly Income       | Number | Percentage |
|----------------------|--------|------------|
| 2000 yuan or less    | 48     | 8.5        |
| 2001-4000 yuan       | 158    | 27.8       |
| 4001-6000 yuan       | 158    | 27.8       |
| 6001-8000 yuan       | 91     | 16.0       |
| 8001-10000 yuan      | 55     | 9.7        |
| 10,000 yuan and above| 58     | 10.2       |

Account type

| Account Type                          | Number | Percentage |
|---------------------------------------|--------|------------|
| Urban registered permanent residence  | 481    | 84.7       |
| Agricultural registered permanent residence | 87    | 15.3       |
| Total                                 | 568    | 100        |

Table 3 Comparison of Nicotine Dependence Scores Among Different Demographic Information (n=568)

| Demographic indicator                  | Group                              | Nicotine dependence score | F    | p     |
|----------------------------------------|------------------------------------|----------------------------|------|-------|
| Level of education                     | Primary school and below           | 5.13±2.355                 |      |       |
|                                        | Junior high school                 | 4.73±2.602                 |      |       |
|                                        | High school/technical secondary     | 4.19±2.545                 | 2.686| 0.031 |
|                                        | school/technical school             |                            |      |       |
|                                        | College or bachelor                 | 4.04±2.402                 |      |       |
|                                        | Postgraduate or above               | 4.32±2.124                 |      |       |

*P<0.05 was statistically significant.