

KASHVI

Hello, I am **KASHVI**, your interviewer. What is your name? Nice to meet you.

Thank you for taking the time to participate in this interview. Your time is much appreciated.

My team and I are conducting User Experience research, aimed at comprehending vape addiction. Your insights can contribute to a better understanding of this critical issue.

I assure you that your anonymity will be respected and preserved. Would you be comfortable if I recorded our conversation for accuracy and reference purposes?

General Work	
Let's start with knowing a little about yourself. 1. Are you a student or a working professional? 2. Can you tell me about your current line of work/study? 3. How about you walk me through what you did on the last day of your work/study? 4. How have you been feeling lately? 5. What do you do apart from your work/study?	<ul style="list-style-type: none">- community college- nanny, desk job- gym, snowboarding- 15 mins smoke breaks.- fitness, dance- loves long runs- doesn't like her desk job
Journey of vaping addiction	
I'd like to talk to you about your journey during vaping 1. When did you start vaping? 2. What were you engaged (type of addiction or mindset) in while you started vaping? 3. What led you to start vaping in the first place? 4. Can you walk me through a typical day in terms of when and where you usually vape? 5. Have you noticed any kind of mood or behavioral changes after you started vaping? 6. Have you observed any other kinds of changes? If required, give options: a. Eating habits b. Concentration levels c. Memory loss	<ul style="list-style-type: none">- first tried e-ciggs in 8th std.↳ cool & trendy↳ peer pressure↳ appetite suppressing↳ craved a skinny figure- Vaped first thing in morning, even during showers, while driving, breaks- Can't leave vape at home- 5 years of vaping- irritable & hormonal changes- tried cigarettes- stress-free, calm down- Mint flavors
Digging deeper	
1. Have you been engaged in smoking cigarettes? a. In your opinion, what sets vaping apart from cigarette smoking? 2. What is leading you to continue vaping?	<ul style="list-style-type: none">- Smoking has bad odor.- Awareness of smoking is more known than vaping.- grandma died of smoking.- Marijuana & THC- high school stigma of skinny figures- fear of getting fatter.

- felt embarrassed sometimes but was unable to quit.

<p>If required,</p> <ol style="list-style-type: none"> How strong does peer pressure play a role in your vaping habits? Do you feel stress-free after vaping? What effect do flavors have on your vaping habit? <ol style="list-style-type: none"> Do you know about the consequences of vaping on your mental and physical health? Have you been through any such adverse health conditions? Have you tried to quit vaping? 	<ul style="list-style-type: none"> - everyone around smoked and vaped - bad for lungs, heart & brain - saw adverse health conditions on tiktoks - on birth control - scary but still skeptical about actual adverse health conditions - tried to quit - longest success 4-5 days. - Now quitted since almost a month.
<p>Quitting effort/journey</p>	
<ol style="list-style-type: none"> Why did you decide to quit vaping? What kind of motivations (internal or external) did you have when you decided to quit vaping? What were the triggers that made it challenging to quit vaping? Can you talk about the coping techniques that you used while quitting? Did you seek any professional help? Knowing that relapses can be a natural part of the process, have you noticed any specific patterns of these cravings? Can you describe how you managed the cravings? Can you walk me through the milestones or rewards that you set for yourself in this journey (if any)? 	<ul style="list-style-type: none"> - why quit? couldn't take longer breaths in pilates. felt scary. - I want to be another - don't want to struggle to quit then. - acne control - when quitted, felt irritable. ↳ first three days were very difficult ↳ locked myself in bedroom ↳ chest pains, cranky ↳ threw nicotine products. ↳ craved nicotine ↳ chewed gum ↳ lots of water & juice, sugar helps - Therapist did not follow up. - lied to boyfriend to save relationship. - milestones - running shoes
<p>Professional Help</p>	
<ol style="list-style-type: none"> When you need to discuss your addiction and work on overcoming it, who is your usual go-to person or support system? Have you consulted someone to overcome your addiction? Can you recall what insights you got from the conversation you had? Have you used any supplements that suppress your cravings while you were trying to quit? Did you try to track your daily usage, i.e. puff count? <ol style="list-style-type: none"> Do you try to track any other metrics that are related to vaping or its side effects? 	<ul style="list-style-type: none"> - sibling & boyfriend are support systems - motivation of fitness & health. - external motivation - parents. - very proud & happy while quit - Inspiration to younger sister - Acne gone, hydrated skin. - more energetic, better eating habits. - Tracked progress - Money saved. - shared progress for external mot.

bars,
bonfires,
while
driving,
body image

Reflection	
<ol style="list-style-type: none"> 1. If you had to go back to the time you started vaping and were given an option, would you do it again? 2. Can you describe the circumstances or situations where you find yourself most tempted to use vapes? 3. How has vaping affected your daily life, relationships, or overall well-being? 4. How do you envision your life without vaping? What positive changes do you expect to see? 5. What advice or insights would you offer to others who are struggling with vape addiction? 	<ul style="list-style-type: none"> - Never get yourself into this situation - horrible decision - ashamed - better potential without vape - your self motivation to quit is the most essential part
Ending Notes(Conclusion)	
<ol style="list-style-type: none"> a. Is there anything else I have not talked about, but you think I would be interested in knowing about? b. Is there anybody else who you think I might be interested in talking to? (Or who might be interested in talking to me...) 	<ul style="list-style-type: none"> - Used quitvaping app - Bad UI - Sold 0% nicotine product - bad & sketchy - couldn't customize - Reddit is awesome.