

Quit 4 Life+

Adapting and Evaluating a Phone-Based Tobacco Use Cessation Program for People Living with HIV in Uganda and Zambia

SMS Text Library



MAKERERE UNIVERSITY
SCHOOL OF PUBLIC HEALTH



USC



Project Description

While AIDS-related morbidity and mortality among people living with HIV (PLWH) have decreased with the introduction of combination antiviral therapy (ART), HIV continues to kill nearly 1 million people annually, the majority of whom live in sub-Saharan Africa. Tobacco use among PLWH contributes substantially to the HIV burden, with nearly a quarter of AIDS-related deaths attributable to smoking. While there is substantial evidence supporting interventions to help tobacco users in the general population quit, little is available relevant to the challenges facing HIV+ tobacco users, especially those living in low-income African countries, including higher rates of depressive symptoms, greater use of alcohol and illegal substances, lack of awareness about tobacco's effects on HIV treatment, and social isolation resulting from HIV stigma. We approach this gap with the first randomized control trial (RCT) to test the efficacy of a tailored short message service (SMS) based tobacco use cessation intervention on prolonged tobacco use abstinence at 6 months post program initiation in comparison to the standard of care (brief advice to quit) and nicotine replacement therapy (nicotine patches) among PLWH in Uganda and Zambia.

Our study will provide insight into the efficacy, feasibility, applicability, and affordability of delivering tobacco cessation interventions through health care professionals at HIV treatment centers in two countries with different tobacco use patterns, policy environments, and health care resources and provide needed information to providers and policymakers looking for cost-effective tobacco cessation interventions.

The SMS-platform to be used in our study is uniquely positioned to be scaled in low- and middle-income countries worldwide, in which case rigorous research showing even modest success in reducing the prevalence of tobacco consumption among PLWH could confer enormous health and economic benefits. The primary partners in the study include the Center for Tobacco Control in Africa at the Makerere University School of Public Health, the Keck School of Medicine of USC; and the RAND Corporation; with technical support from the World Health Organization.

Text Program Numbers:

Text Only Arm: 225 possible (164 standard statements, 33 prompted questions, and 28 possible requested information texts)

Text and NRT Arm: 236 possible (169 standard statements, 38 question texts, and 29 possible requested information texts)

SOC and NRT Only Arm: 25 (no question texts or requested information)

Text for Standard Text Arm

#	Character Count	User consented to take part in the study.	Day	Hour	Type
1.	72	Welcome to the Quit4Life+ program intended to help you quit tobacco use	Enrollment		
2.	129	It's a free SMS program supported by Ministry of Health, Centre for Primary Care Research & Centre for Tobacco Control in Africa	Enrollment		
3.	150	No tobacco use is safe for men or women. Shisha & smokeless tobacco have many of the same dangerous health effects as cigarettes, including addiction	Enrollment		HEALTH
4.	62	Quitting tobacco lowers your risk of cancer and heart disease	Enrollment		HEALTH
5.	123	Using tobacco will not improve your CD4 count. In fact, tobacco use is associated with a poorer response to HIV treatment	Enrollment		HEALTH
6.	120	Quitting tobacco use works best when you are prepared and don't feel alone. We will support you in your efforts to quit.	Enrollment		
7. (Q1)	111	Let's get started. We need some information to send messages that best fit you. Reply with your age (e.g. 33)	Enrollment		
8. (Q2)	46	Now reply with your gender (1=MALE, 2=FEMALE)	Enrollment		
9. (Q3)	84	What time of day do you usually use tobacco? 1=MORNING, 2=DAY, 3=EVENING, 4=ALL DAY	Enrollment		
10. (Q4)	82	When do you usually use tobacco? Reply: 1=EVERY DAY; 2=MOST DAYS; or 3=SOME DAYS	Enrollment		
11. (Q5)	119	What type of tobacco do you use? Reply: 1=SMOKING, 2= CHEWING, 3=SNUFF, 4=ROLLING UNDER TONGUE, 5=USE MORE THAN 1 TYPE	Enrollment		
12. (Q6)	98	Do you think it will be hard to stop using tobacco? Reply with: 1=HARD or 2=NOT HARD	Enrollment		
13.	143	We know it is hard but it is a decision you will not regret. Keep getting the support you need and remind yourself of your reasons for quitting			STOP HARD
	60	You are on the right track! Stay confident. You can do this.			STOP EASY
14.	104	The countdown begins! 2 weeks until you quit tobacco. We are here to help you prepare & follow through	-14	9	MOTIV

15.	100	It is normal to be nervous about quitting. Don't worry – we will show you how to quit using tobacco	-14	12	MOTIV
16.	109	Ask a friend to quit with you. You may need someone to talk to and this support can help keep you motivated.	-13	9	SUPPORT
17.	144	Many people die each year from tobacco-related diseases. Quitting tobacco is one of the best things you can do to improve your health	-13	12	HEALTH
18.	154	What are the people, places, and things that make you want to use tobacco? Identify them now and make a plan for how you will deal with them on quit day	-12	9	TRIGGER
19.	129	If you hide your tobacco use, it might help to tell a trusted friend why you are quitting and how they can support you.	-12	12	SUPPORT
20.	111	Drinking alcohol makes it more difficult to quit tobacco. For the next few days avoid alcohol and see if that helps reduce tobacco use	-11	9	ALC
21.	130	Challenge yourself next time you want to use tobacco. Try to resist for 5 minutes or skip it. Think of it as practice for quit day	-11	12	CRAVE PREP
22.	106	10 days until your quit day. Quitting at any age adds years to your life. You are not going to regret this	-10	9	HEALTH
23.	80	Exercise for atleast 30 minutes daily. Physical activity is good for you & can help you beat cravings.	-10	12	CRAVE ALTERNATIVE
24.	136	Think of healthy ways to deal with stress & boredom instead of using tobacco. Engage in a hobby or visit a friend to keep yourself busy	-9	9	MOOD ALTERNATIVE BORED
25.	91	Motivation is important. Each day, remind yourself of the reasons you want to quit tobacco	-9	12	MOTIV
26.	101	No amount of tobacco use is safe. Quitting will lower your risk of cancer, heart disease & even death	-8	9	HEALTH
27.	125	Tobacco companies are increasing deadly tobacco use in Africa to make more money. Fight back by quitting tobacco use	-8	12	BIGTOB
28.	94	One week until quit day! You will learn how to live without tobacco, take it one day at a time	-7	9	MOTIV
29.	135	Estimate the amount you spend on tobacco every week, every month, & every year. Soon, you can use that money for something more useful	-7	12	FINANCIAL

30.	80	Quitting tobacco will set a great, healthy, example for your friends and family	-7	15	SOCIAL
31.	116	People with friends & family they can count on are happier & healthier. Talk to people you trust if you need support	-6	9	SUPPORT
32.	102	If you smoke, the people around can become sick from smoke exposure. Quitting will protect them	-6	12	HEALTH
33.	113	Keeping busy will help you stay tobacco-free. If you feel the need to smoke, substitute smoking with something you like doing.	-6	15	BORED ALTERNATIVE
34.	114	You may feel strange when you quit - this is withdrawal. Your body is used to tobacco. These feelings will go away	-5	9	ADDICT
35.	118	You are getting closer to the big day. It may help to cut back on the amount of tobacco you use per day. Keep it up!	-5	12	PREP
36.	106	Using tobacco may decrease your hunger, but it harms your body and can result in sickness and early death	-5	15	HEALTH
37.	142	Whether smoked, chewed, rolled, or sniffed, tobacco contains nicotine. Tobacco is very addictive. When you quit you will break your addiction	-4	9	HEALTH ADDICT
38.	113	If you smoke tobacco, it makes your breath, clothes, & hands smell bad. It can also cause you to age more quickly	-4	12	SOCIAL HEALTH
39.	159	Some might say that not using tobacco shows weakness or disrespect. That's not true. Quitting shows others that you can do the hard work to improve your health	-4	15	SUPPORT
40.	157	Have you identified the people, places, and things that make you want to use tobacco? If not, do that now think about how you can deal with them on quit day	-3	9	TRIGGER PREP
41.	145	3 days left until quit day! Eat a good meal and be physically active. It will reduce stress, boost confidence, & help you feel better all around	-3	12	MOOD
42.	155	Do you have a friend who wants to quit too? Spending time together can provide support for both of you, especially when you're having a hard time	-3	15	SUPPORT
43.	118	2 days to go. Wash up all your clothes, and clean your home to get the tobacco smell out & feel clean on your quit day	-2	9	PREP
44.	134	Cravings are normal & they will pass, whether you use tobacco or not. Eat something healthy on quit day to help you deal with cravings	-2	12	CRAVE PREP

45.	127	Your community may not be concerned about tobacco, but you now know how harmful it can be. Stay strong for you and your health	-2	15	SUPPORT
46.	125	Tomorrow's the day! Plan something productive to keep your mind busy. It can also help to not be around people who are using tobacco	-1	9	PREP SUPPORT
47.	131	Drinking much water on quit day will help you fight off cravings and stay hydrated. Try to drink water throughout your quit day	-1	12	CRAVE PREP
48.	156	Tomorrow is quit day! Throw away any remaining tobacco & get plenty of sleep.	-1	15	PREP
49. (Q7)	154	Today is your quit day. You can do this! You are stronger than you think so stay positive. Do you feel ready? Reply: 1=YES or 2=NO	0	9	SUPPORT
50.	127	Great, we're here to support you! Text 1=CRAVE (if you have an urge to use tobacco), 2=MOOD (if you feel down), or 3=SLIP (if you use and need extra support) anytime	0	9	YES QUIT
	140	It will be tough, but you can do it! Text 1=CRAVE (if you have an urge to use), 2=MOOD (if you feel down), or 3=SLIP (if you use) anytime	0		NO QUIT
51.	100	Reminder! It is very important to get rid of your tobacco. Throw it away now if you still have it.	0	12	PREP
52.	141	The first days are the hardest. Talk to a friend or health worker about any challenges you are facing relating to quitting & seek extra help	0	18	MOTIV
53. (Q8)	63	Day 1 is almost over. Did you quit today? Reply: 1=YES or 2=NO	0	20	CHECK-IN
54.	41	Congratulations! We knew you could do it!	Upon response		YES QUIT
	103	Quitting is hard. The most important thing is to keep going. Try again tomorrow. We know you can do it!	Upon response		NO QUIT
55.	129	24 hours since your quit day! Be sure to reward yourself. Give, say, or do something productive for yourself to celebrate your success	1	9	MOTIV
56. (Q9)	141	Cravings are real. They will not go away immediately, but giving in will only make them stronger. Any cravings today? Reply: 1=YES, 2=NO	1	12	CRAVE
57.	157	We know the urge to use tobacco can be overwhelming at times. Hang in there! Cravings get weaker and less frequent	Upon response		YES CRAVE

		with every day that you don't use tobacco.			
	49	That's great to hear! Keep up the great attitude!	Upon response		NO CRAVE
58.	122	You have good reasons for quitting. Say them out loud daily to help keep you on track, especially when you are feeling low	1	15	MOTIV
59. (Q10)	146	Feelings can lead to craving tobacco. If you feel bad, it is only temporary, so stay strong. How is your mood today? Reply: 1=GOOD, 2=BAD	2	9	MOOD TRIGGER
60.	63	Great, keep doing what makes you happy. Just don't use tobacco!	Upon response		MOOD GOOD
	131	Feeling bad is normal. But tobacco isn't the answer. Find healthy ways to make yourself feel better. Take a walk or visit a friend.	Upon response		MOOD BAD
61.	109	Do not do it alone. Tell the friends you trust how they can help. They may not know how unless you tell them	2	12	SUPPORT
62.	146	Remember, you can get extra help anytime you need it. Text one of these keywords & you will receive a special message: 1=CRAVE, 2=MOOD, or 3=SLIP	2	15	INFO
63.	119	If you live with people who use tobacco, reduce your temptation to use tobacco by making a tobacco-free personal space at home	2	18	CRAVE
64.	143	3 days since your quit day! Tobacco use affects your ability to taste food. Luckily, you can regain your normal taste after 48 hours without tobacco	3	9	HEALTH
65. (Q11)	126	Any cravings today? Reply: 1=YES, 2=NO	3	12	CRAVE
66.	87	Wait 5 minutes for cravings to pass. Keep your mouth busy with Maize, Sorghum, or nuts.	Upon response		CRAVE YES
	107	Great! If they come wait 5 minutes for cravings to pass. Keep your mouth busy with Maize, Sorghum, or nuts.	Upon response		CRAVE NO
67.	107	Stay away from people/places that make you want to use tobacco. You will find it easier to manage that way	3	15	SUPPORT TRIGGER
68.	130	You might slip and use tobacco. Don't let one slip be an excuse to start using tobacco again. Learn from the situation and move on	3	18	SLIP
69.	129	Day 4 – you're doing great! Try to relax. Find an activity that is relaxing to you like listening to music, or visiting a friend	4	9	MOTIV MOOD

70.	110	Try different things to stay motivated until you find what works best for you to beat the urge to use tobacco	4	12	MOTIV
71.	100	If you feel restless, drinking water instead of caffeine or alcohol will help you stay tobacco-free.	4	15	CRAVE ADDICT
72.	114	Tobacco users with HIV are more likely than non-tobacco users with HIV to develop cancer, heart disease and stroke	4	18	HEALTH
73.	110	Day 5 - stay positive. Your journey to being tobacco-free might be hard, but you will be stronger & healthier	5	9	MOTIV
74. (Q12)	156	Cravings will get weaker and less frequent with every day that you don't use tobacco. Do you have urges to use tobacco? Reply: 1=YES, 2=NO	5	12	CRAVE
75.	150	Using a little tobacco may seem like the answer, but you know better. Stay strong. Cravings fade without tobacco, & you will be proud you stayed quit.	Upon response		CRAVE YES
	64	Great! If you get a craving, take a deep breath and it will pass	Upon response		CRAVE NO
76.	143	If you feel comfortable, ask friends & family who use tobacco to not use near you. Or change your location - go for a walk to beat the craving	5	15	SUPPORT CRAVING
77.	86	Quitting tobacco can reduce HIV-related symptoms, improve treatment outcomes and wellbeing.	5	18	HEALTH
78.	152	Stress & anger may make you want to use tobacco. When you are feeling these ways, take 10 slow, deep breaths from your nose and exhale out of your mouth	6	9	MOOD ALTERNATIVE TRIGGER
79.	145	6 days & counting. Make time for physical activity each day - it lowers stress, calms nerves, & improves your mood	6	12	MOOD
80.	88	Celebrations can be a tobacco trigger. Be careful when you go to a party, game, or bar.	6	15	TRIGGER
81.	149	The road to quitting can be rough, but supportive friends/family & keeping busy can help. Text: 1=CRAVE, 2=MOOD, or 3=SLIP any time for extra support	6	18	SUPPORT
82.	84	1 week since your quit day! Do something beneficial today to celebrate. You deserve it	7	9	MOTIV
83.	129	When you need a support, talk to a friend about what makes your day great. Or engage in an activity that you enjoy	7	12	SUPPORT CRAVE ALTERNATIVE
84.	149	Being around friends/family that are using tobacco is hard. The good news is that	7	15	SUPPORT

		resisting pressure from others to use tobacco gets easier over time			
85.	144	Tobacco is not a good way to deal with stress. Tobacco can make anxiety worse.	7	18	MOOD
86. (Q13)	71	Hi there – are you still tobacco-free? Let us know. Reply: 1=YES, 2=NO	7	18	CHECK-IN
87.	47	Excellent! You should be so proud of yourself.	Upon response		YES QUIT
	24	That is ok, keep trying!	Upon response		NO QUIT
88.	143	True friends support your choice to stay tobacco-free. Let these friends know how they can help you & avoid people who tempt you to use tobacco	8	9	SUPPORT
89. (Q14)	162	Try this trick to deal with cravings. Breathe in. Hold for 5 seconds. Breathe out. Repeat. Do you have cravings right now? Reply: 1=Yes, 2=No	8	12	CRAVE
90.	119	Fight back against the cravings! Crush the urge to use tobacco. Drink cold water, exercise, or change activities	Upon response		CRAVE YES
	36	You are doing wonderful! Keep it up!	Upon response		CRAVE NO
91.	94	Quitting tobacco makes your lungs stronger, and speeds up recovery time from injuries	8	15	HEALTH
92.	160	There are many ways to socialize without using tobacco such as playing games, enjoying conversation, or walking with a friend. Find something to occupy you	8	18	SUPPORT
93.	118	Quitting is not about what you are giving up; it is about what you are gaining. Confidence, pride, and improved health	9	9	MOTIV HEALTH
94.	154	Keep yourself busy. It could be work related, physical activity, or even chatting with friends. Whatever you choose to do, tobacco should not be involved	9	12	MOOD
95.	149	Being around tobacco can lead to cravings. If you can't avoid people using tobacco, plan ahead for how you will avoid tobacco use in these situations	9	15	TRIGGER
96.	96	Start thinking of yourself as someone who doesn't use tobacco. It can help you to stay positive	9	18	MOTIVE SUPPORT
97. (Q15)	103	It has been 9 days since your quit day. Congrats! How is your mood today? Reply: 1=GOOD or 2=BAD	10	9	MOOD
98.	35	Great, keep up the great attitude!	Upon response		MOOD GOOD
	143	Quitting is too important to let stress wear you down. Take control! Build up your	Upon response		MOOD BAD

		strength by eating healthy, drinking enough water, & getting sleep.			
99.	111	Tobacco doesn't make social situations any better. Say no or walk away when your friends/family start using it.	10	12	SUPPORT
100.	145	When cravings hit, focus on something else until the craving passes. For example, think about a person, place or activity that makes you happy.	10	15	CRAVE
101.	119	Even when there is a lot of tobacco around you, it doesn't mean that it is safe for you. Continue staying tobacco-free	10	18	TRIGGER
102.	148	Cravings usually last only 5-10 minutes. Think of things you can do to manage cravings and try different things to find out what works best for you	11	9	CRAVE
103.	93	If you need something in your mouth to keep from using tobacco, try food such as ground nuts	11	12	CRAVE LINK
104.	148	Tobacco use will not improve your social status. It affects your health & the health of those around you. Continue staying tobacco-free	11	15	SUPPORT HEALTH
105.	70	Congratulations on your decision to quit! We know that you can do it!	12	9	MOTIV
106.	147	Almost 2 weeks since your quit day! Did you know that your lungs are beginning to improve and your risk of having a heart attack has dropped	12	12	HEALTH
107.	151	Some people get support for quitting by praying to God for guidance, support and strength to overcome tobacco. Try it if you think it will work for you	12	15	SUPPORT
108.	155	Say out loud why you want to stop using tobacco and resist tobacco cravings. These reasons might include feeling better, getting healthier, or saving money	12	18	MOTIV CRAVE
109.	144	Remind your close friends and family that you are quitting and why. True friends want what is best for you - and that means staying tobacco-free	13	9	SUPPORT
110.	88	Nobody wants to see you sick. Quitting tobacco helps you stay healthy for years to come	13	12	SOCIAL HEALTH
111.	145	Many tobacco users say quitting is the hardest thing they have ever done. When it gets hard, you can text: 1=CRAVE, 2=MOOD, or 3=SLIP for support	13	15	MOTIV

112.	132	Your health is more important than a craving. Cravings usually last only 5-10 minutes. Overcome them by taking 10 slow, deep breaths	13	18	CRAVING
113.	112	2 weeks since your quit day! You deserve to reward yourself by doing something productive for staying with the program - make today a good one	14	9	MOTIV
114.	137	Get busy by doing some exercises, cleaning your home, or taking a walk. It will help you stay positive and keep your stress down	14	12	MOOD
115.	147	If a friend offers you tobacco, let them know you are quitting to improve your health. Resisting pressure to use tobacco will get easier over time	14	15	SOCIAL TRIGGER
116. (Q16)	60	Hi there. Are you still tobacco-free? Reply: 1=YES or 2=NO	14	18	CHECK-IN
117.	77	You are doing such a great job of staying tobacco free! We are proud of you!	Upon response		YES QUIT
	54	Don't give up! Keep trying. Your health depends on it!	Upon response		NO QUIT
118.	136	If you're feeling bored, think of 2 things you'd like to accomplish today and do them. Staying productive helps you to stay tobacco-free	15	9	BORED ALTERNATIVE
119.	135	Loneliness can make quitting hard, but tobacco-free is the way to go. Reach out to a trusted friend to ask for their company & support	15	12	MOOD SUPPORT LONELY
120. (Q17)	157	You may be tempted to have just a little tobacco. Don't. It'll only feed your craving & make it stronger. Are you having cravings? Reply: 1=YES, 2=NO	15	15	CRAVE
121.	130	Having cravings is normal. The important thing is to push through them. Remember why you wanted to quit tobacco in the first place	Upon response		CRAVE YES
	68	Great! Thank your body for being so strong and resisting tobacco!	Upon response		CRAVE NO
122.	89	16 days down! You did it yourself. You can do great things, so keep thinking positively.	16	9	MOTIV
123. (Q18)	71	How is your mood today? Let us know. Reply: 1=GOOD, 2=BAD	16	12	MOOD
124.	79	Keep up the great spirit! A positive attitude helps keep you away from tobacco!	Upon response		GOOD MOOD
	84	Do what makes you happy. Listen to music or visit a friend. Just do not use tobacco.	Upon response		BAD MOOD

125.	117	Quitting tobacco can help you get a better night's sleep. Non-smokers sleep more deeply & wake up feeling more rested	17	9	HEALTH
126.	124	Reward yourself for the progress you made. Do something nice for yourself and spend time with supportive friends this week.	17	12	MOTIV SUPPORT
127.	116	Triggers may still tempt you. Keep away from people/places that make you want to use tobacco	18	9	TRIGGER
128.	125	For many people, drinking alcohol is a trigger for tobacco use. Quitting tobacco will be easier if you avoid drinking alcohol	18	12	TRIGGER
129.	126	Don't let boredom get you down. Clean your home, take a walk, enjoy sport, or talk to a friend – you will feel better	18	15	MOOD SUBSTITUTE BORED
130.	137	Most tobacco users spend most of the day using tobacco. Now that you do not use tobacco, you have more time for activities that you enjoy	19	9	MOTIV
131.	141	It always seems impossible until it's done. Never give up & don't be discouraged. Your motivation comes from within	19	12	MOTIV
132.	66	You should be breathing easier after a few weeks without tobacco.	20	9	HEALTH
133.	105	Stay positive. Try not to blame or punish yourself if you slip and use tobacco. Take it one day at a time	20	12	SLIP
134.	159	It can be hard to quit when everyone else uses tobacco. Now that you know the dangers of tobacco, share this information with a friend & encourage them to quit	20	15	SUPPORT
135.	106	3 weeks since your quit day! It's time to celebrate your successes, but don't use tobacco to celebrate	21	9	MOTIV
136.	83	Quitting tobacco can lower your risk of diabetes & other serious health conditions	21	12	HEALTH
137. (Q19)	70	Checking in again. Are you still tobacco free? Reply: 1=YES or 2=NO	21	15	CHECK-IN
138.	51	Great job! Consider yourself a non-user of tobacco!	Upon response		YES QUIT
	118	Quitting is not easy, & many people need several attempts before they win the battle over tobacco. We are here for you.	Upon response		NO QUIT
139.	90	Quitting tobacco use reduces the financial burden that tobacco places on people who use it	22	9	BIGTOB

140.	104	Feeling restless? Playing a game or sport is a great way to help keep you active & your mind off tobacco	22	12	ALTERNATIVE
141.	152	If you feel left out of social life because of quitting tobacco, remember that your health is most important & that begins with you being tobacco-free	22	15	SUPPORT
142.	78	Over half of all tobacco users have already quit. If they did it, you can too!	23	9	MOTIV
143. (Q20)	59	Hi! How is your mood today? Reply: 1=GOOD, 2=BAD	23	12	MOOD
144.	87	We love your attitude! Staying positive helps overcome all kinds of challenges in life!	Upon response		GOOD MOOD
	127	Turning to tobacco when you are upset is not the answer. Talk to family or friends instead. Ask them to help you stay on track.	Upon response		BAD MOOD
145.	106	Strong healthy bones are another benefit of quitting. Quitting tobacco reduces your risk of bone fractures	24	9	HEALTH
146.	158	Cravings can occur in situations that remind you of tobacco so if a craving hits today, stop what you're doing right away and switch to doing something else	24	12	CRAVE
147. (Q21)	126	It is day 25. By this time, most people's cravings start to fade. Still having cravings? Text back with: 1=Yes 2=No	25	9	CRAVE
148.	150	Using a little tobacco may seem like the answer, but you know better. Stay strong. Cravings fade without tobacco, & you will be proud you stayed quit.	Upon Response		CRAVE YES
	72	Great news! Without cravings it should be easier to remain tobacco free.	Upon Response		CRAVE NO
149.	113	Every single time you use tobacco your risk of cancer goes up. Stay quit to lower your chances of getting cancer	25	12	HEALTH
150.	81	Share your struggles & successes, both big & small, with someone who supports you	26	9	MOOD SUPPORT
151.	115	Being tobacco-free not only improves your health, but can inspire others to quit tobacco & improve their health too	26	12	SOCIAL
152.	143	Even if others in your community use tobacco doesn't mean it is the right choice for you. Stay strong in resisting pressure from others to use	27	9	SOCIAL
153.	93	Rewarding yourself for staying tobacco-free can keep you motivated. Reward yourself!	27	12	MOTIV SUBSTITUTE
154.	133	Congratulations - 1 month since your quit day! That is a major milestone. Visit the	28	9	MOTIV LINK

		health facility & tell your health worker about it			
155.	131	Your choices today can make it easier to be tobacco-free tomorrow. On a tough day, remind yourself of why you want to quit tobacco	28	12	MOTIV
156. (Q22)	54	Hi are you still tobacco-free? Reply: 1= YES or 2= NO	28	15	CHECK-IN
157.	85	Great! You are more healthy as a result of your hard work to remain tobacco free.	Upon response		YES QUIT
	93	That's ok. Quitting is hard. Try again and avoid the trigger that made you use tobacco again.	Upon response		NO QUIT
158. (Q23)	136	Smokers are more likely to have dental challenges at a younger age. Visit your health facility to check on your teeth since you quit	29	9	HEALTH
159.	115	Cravings typically last 5-10 minutes. Listening to your favorite music is a great way to allow the craving to pass	29	12	CRAVE
160.	87	Bad days happen. Don't let stress undo all your hard work. You can deal without tobacco	30	9	MOOD
161. (Q24)	144	We hope your mood is improving with time & you are feeling better about staying quit. How is your mood today? Reply: 1=GOOD, 2=BAD	30	12	MOOD
162.	45	Enjoy the rest of your good day tobacco free!	Upon response		
	144	We know it's tempting to use tobacco when you feel like this. But doing that will make things worse, not better. Stay focused - you can do this.	Upon response		BAD MOOD
163.	130	Tobacco may be a symbol of friendship, but true friends will not force you into using tobacco. Resist any temptations of taking it	31	9	SUPPORT
164.	137	Tobacco users face an increased risk of sexual problems. Quitting can improve the chances of having a healthy sexual life for men & women	31	12	HEALTH
165.	106	Alcohol can make the strongest quitter want to use again. Remember, it is often helpful to avoid alcohol.	32	9	ALC TRIGGER
166. (Q25)	112	Remember, quitting tobacco happens one craving at a time. Having any cravings? Reply: 1=Yes 2=NO	32	12	CRAVE
167.	106	Don't let cravings win. Run, walk, or do other exercise to make the urge to use tobacco pass more quickly.	Upon response		CRAVE YES

	52	You're winning against tobacco addiction! Great job!	Upon response		CRAVE NO
168.	124	Next time you are bored, enjoy some good company with friends or do something useful that allows you to avoid tobacco use.	33	9	MOOD SUPPORT ALTERNATIVE BORED
169.	129	Be proud of how much you have accomplished – share what you have learned about being tobacco-free with a friend who wants to quit	34	12	MOTIV SOCIAL
170.	159	Sniffing, rolling tobacco or even the slightest form of tobacco use is not safe. These do not lower the risk of heart or lung disease. There is NO safe tobacco	34	9	HEALTH
171.	114	You might still feel the urge to use tobacco. Identify any triggers that you have and make a plan to overcome them	35	9	TRIGGER
172. (Q26)	64	Hang in there. Are you still tobacco-free? Reply: 1=YES or 2=NO	35	12	CHECK-IN
173.	64	Take a minute to celebrate your success! We are so proud of you!	Upon response		YES QUIT
	67	Remind yourself of all the reasons to quit and try quitting again!	Upon response		NO QUIT
174.	100	Life is tough sometimes but YOU make the choice to keep going. Quitting tobacco is not different.	36	9	MOTIV
175.	99	Tobacco use can make your HIV viral load worse. Stay as healthy as possible by staying tobacco-free	36	12	HEALTH
176.	147	Think of the money you have saved so far by not using tobacco, and other ways that your life has improved. You have gained a lot by losing tobacco	37	9	FINANCIAL
177. (Q27)	141	You are on your way to being tobacco-free & nearing the end of the Quit4Life+ program. How is your mood today? Reply: 1=GOOD, 2= BAD	37	12	MOOD
178.	105	Great! Share how good you feel now that you have quit tobacco use with a friend who will be proud of you!	Upon response		MOOD GOOD
	123	Quitting is too important to let a bad day get you down. Take control! Try eating healthy, drinking water, & getting sleep.	Upon response		MOOD BAD
179.	144	Arguments with friends & family may still trigger you. For stress relief, press your fingers between your eyes & above nose. Hold for 30 seconds	38	9	MOOD SUPPORT TRIGGER
180.	95	Take a moment to think about how far you've come. Be proud of how much you've already achieved!	38	12	MOTIV

181.	112	Remember, if you slip & use tobacco, don't give up. You have come too far. Learn from the mistake and keep going	39	9	SLIP
182. (Q28)	145	Last time we are going to ask – are you still having any cravings now that you are nearing the end of the Quit4Life+ program? Reply: 1=Yes, 2=NO	39	12	CRAVE
183.	130	Having cravings is normal. The important thing is to push through them. Remember why you wanted to quit tobacco in the first place	Upon response		CRAVE YES
	93	That is great news! Stay focused on remaining tobacco free so that cravings don't come back!	Upon response		CRAVE NO
184.	146	Tobacco users with HIV tend to die years earlier than non-users with HIV. Now that you are tobacco-free, encourage someone else to go tobacco-free	40	9	HEALTH SUPPORT
185.	120	Remember to take 10 deep breaths whenever you feel an urge to use tobacco. It's an easy & effective way to stay on track	40	12	CRAVE
186.	58	It may be hard to quit, but now you have tools to succeed	41	9	MOTIV
187.	108	Each time you resist a tobacco craving, you're closer to being tobacco-free. We know you can keep doing it!	41	12	CRAVE
188. (Q29)	148	You have come a long way, and you should be proud of yourself. Do you think it will be hard to stay tobacco-free? Reply: 1=Yes, 2=No	42	9	MOTIV
189.	149	It might be hard to stay tobacco-free, but you will not regret it. Keep getting the support you need and remind yourself of your reasons for quitting	Upon response		YES HARD
	149	We like your confidence! If you are tempted to use in the future, keep getting the support you need and remind yourself of your reasons for quitting.	Upon response		NO HARD
190. (Q30)	104	Congrats! After 6 weeks, you have completed Quit4Life+! Are you still tobacco-free? Reply: 1=YES or 2=NO	42	12	CHECK-IN
191.	73	CONGRATULATIONS!! We are so proud of you! Go celebrate – without tobacco!	Upon response		YES QUIT
	148	Thats ok, quitting is hard. Most fail many times before they succeed. The key is to keep trying! Ask your health professional for more help to quit.	Upon response		NO QUIT
192. (Q31)	124	Hi, it is Quit4Life+ just checking in! It has been a month since your last text. Are you tobacco free? Reply: 1=YES or 2=NO	72	9	CHECK-IN

193.	168	Great, we're still here to support you! Text 1= CRAVE, 2=MOOD or 3=SLIP if you need extra support anytime	Upon response		YES QUIT
	109	That's ok, we're here to support you if you want to try quitting again, just Text 1= CRAVE, 2=MOOD or 3=SLIP	Upon response		No QUIT
194. (Q32)	93	Hi, it is Quit4Life+ again! It has been 3 months. Are you tobacco free? Reply: 1=YES or 2=NO	132	9	CHECK-IN
195.	37	You are a champion! Congratulations!	Upon response		YES QUIT
	74	That's ok. Stay positive and try to quit again. Your body with thank you!	Upon response		NO QUIT
196. (Q33)	107	Quit4Life+ checking in for the LAST time! It has been 6 months. Are you tobacco free? Reply: 1=YES or 2=NO	222	9	CHECK-IN
197.	101	Great job! You have proven that you can stay tobacco free all on your own! You don't need us anymore!	Upon response		YES QUIT
	113	We are proud of all the effort you have made. Consult with your health care provider to get more support to quit.	Upon response		NO QUIT
198.	96	Cravings are tough, but you can do this. Focus on one craving at a time. Practice makes perfect.	ON DEMAND		REQUEST CRAVE
199.	142	We know the urge to use tobacco can be strong. Hang in there! Cravings get weaker and less frequent with every day that you don't use tobacco.	ON DEMAND		REQUEST CRAVE
200.	150	Using a little tobacco may seem like the answer, but you know better. Stay strong. Cravings fade without tobacco, & you will be proud you stayed quit.	ON DEMAND		REQUEST CRAVE
201.	130	Don't let a craving win. Run, walk, or do other exercise. Get your blood pumping to make the urge to use tobacco pass more quickly.	ON DEMAND		REQUEST CRAVE
202.	119	Fight your craving! Crush the urge to use tobacco. Drink cold water, get moving, or change activities. It really works.	ON DEMAND		REQUEST CRAVE
203.	155	Don't feed a craving by using tobacco! Starve it. Every time you resist the urge to use tobacco, your cravings get weaker. Stick to your tobacco-free plan!	ON DEMAND		REQUEST CRAVE
204.	133	If your cravings always hit at the same time, then mix up your routine. Knowing	ON DEMAND		REQUEST CRAVE

		your triggers will help you beat them & the cravings.			
205.	143	Take deep breaths. Even the strongest craving will go away in a few minutes. Quitting tobacco happens one craving at a time, one day at a time.	ON DEMAND		REQUEST CRAVE
206.	147	The urge to use tobacco will pass. Focus on something else. Distract yourself for 10 min & see how you feel. If the urge is still there, try again.	ON DEMAND		REQUEST CRAVE
207.	130	Having cravings is normal. The important thing is to push through them. Remember why you wanted to quit tobacco in the first place	ON DEMAND		REQUEST CRAVE
208.	131	Quitting tobacco is a tough process & there are going to be bumps along the way. Don't give up. Look how far you have already come!	ON DEMAND		REQUEST SLIP
209.	128	Do not let one slip be an excuse to give up. Try again. Figure out what triggered your slip and find ways to avoid it next time.	ON DEMAND		REQUEST SLIP
210.	143	Slips happen. Don't beat yourself up over it. Like anything tough, you learn as you go. Use right now as a time to restart & get back on track.	ON DEMAND		REQUEST SLIP
211.	118	Quitting is not easy, & many people need several attempts before they win the battle over tobacco. We are here for you.	ON DEMAND		REQUEST SLIP
212.	145	Quitting is tough & mistakes are bound to happen. The most important thing is to keep going. Learn from this slip. Forgive yourself. Now move on.	ON DEMAND		REQUEST SLIP
213.	142	Whatever the reason for slipping, it isn't good enough to keep using tobacco for the rest of your life. Try to avoid the temptation next time.	ON DEMAND		REQUEST SLIP
214.	133	Don't let one time using tobacco lead to another. Learning your triggers will help you stay on track. Keep on going. You CAN do this.	ON DEMAND		REQUEST SLIP
215.	128	Slipping does not mean you failed. Take this opportunity to learn from your mistake. You will be stronger next time.	ON DEMAND		REQUEST SLIP
216.	146	One slip is no reason to go back to tobacco. You have come too far to give up now. Keep looking forward and what you can do differently next time	ON DEMAND		REQUEST SLIP

217.	135	When stress has you down, turning to tobacco is not the answer. Talk to family or friends instead. Ask them to help you stay on track.	ON DEMAND		REQUEST MOOD
218.	100	Feeling stressed is the #1 reason people start tobacco again after they quit. Take a 5 minute break.	ON DEMAND		REQUEST MOOD
219.	143	Quitting is too important to let stress wear you down. Take control! Build up your strength by eating healthy, drinking water, & getting sleep.	ON DEMAND		REQUEST MOOD
220.	136	Feeling unhappy is normal. But tobacco isn't the answer. Find healthy ways to make yourself feel better. Take a walk, or visit a friend.	ON DEMAND		REQUEST MOOD
221.	131	We know it's hard, but hang in there. Remember, a tobacco-free life means a lower risk of heart attacks, lung cancer, and cavities.	ON DEMAND		REQUEST MOOD
222.	153	Make time to be physically active. Physical activity will boost your mood & keep you healthier. Challenge yourself to be active for 10 minutes right now.	ON DEMAND		REQUEST MOOD
223.	144	We know it's tempting to use tobacco when you feel like this. But doing that will make things worse, not better. Stay focused - you can do this.	ON DEMAND		REQUEST MOOD
224.	149	Quitting isn't easy, but the problems from tobacco are worse. Remind yourself why you are tobacco-free. All your hard work will lead to huge rewards.	ON DEMAND		REQUEST MOOD
225.	84	Do what makes you happy. Listen to music or visit a friend. Just do not use tobacco.	ON DEMAND		REQUEST MOOD

Texts for Text and NRT Arm

#	Character Count	User consented to take part in the study.	Day	Hour	Type
1.	72	Welcome to the Quit4Life+ program intended to help you quit tobacco use	Enrollment		
2.	129	It's a free SMS program supported by Ministry of Health, Centre for Primary Care Research & Centre for Tobacco Control in Africa	Enrollment		
3.	150	Tobacco use is not safe for men and women. Shisha & smokeless tobacco have many of the same dangerous health effects as cigarettes, including addiction	Enrollment		HEALTH
4.	62	Quitting tobacco lowers your risk of cancer and heart disease	Enrollment		HEALTH
5.	123	Using tobacco will not improve your CD4 count. In fact, tobacco use is associated with a poorer response to HIV treatment	Enrollment		HEALTH
6.	120	Quitting tobacco use works best when you are prepared and don't feel alone. We will support you in your efforts to quit.	Enrollment		
7. (Q1)	111	Let's get started. We need some information to send messages that best fit you. Reply with your age (e.g. 33)	Enrollment		
8. (Q2)	46	Now reply with your gender (1=MALE, 2=FEMALE)	Enrollment		
9. (Q3)	84	What time of day do you usually use tobacco? 1=MORNING, 2=DAY, 3=EVENING, 4=ALL DAY	Enrollment		
10. (Q4)	82	When do you usually use tobacco? Reply: 1=EVERY DAY; 2=MOST DAYS; or 3=SOME DAYS	Enrollment		
11. (Q5)	119	What type of tobacco do you use? Reply: 1=SMOKING, 2= CHEWING, 3=SNUFF, 4=ROLLING UNDER TONGUE, 5=USE MORE THAN 1 TYPE	Enrollment		
12. (Q6)	98	Do you think it will be hard to stop using tobacco? Reply with: 1=HARD or 2=NOT HARD	Enrollment		
13.	143	We know it is hard but it is a decision you will not regret. Keep getting the support you need and remind yourself of your reasons for quitting			STOP HARD
	60	You are on the right track! Stay confident. You can do this.			STOP EASY
14.	104	The countdown begins! 2 weeks until you quit tobacco. We are here to help you prepare & follow through	-14	9	MOTIV

15.	100	It is normal to be nervous about quitting. Don't worry – we will show you how to quit using tobacco	-14	12	MOTIV
16.	109	Ask a friend to quit with you. You will may need someone to talk to and this support can help keep you motivated.	-13	9	SUPPORT
17.	144	Many people die each year from tobacco-related diseases. Quitting tobacco is one of the best things you can do to improve your health	-13	12	HEALTH
18.	154	What are the people, places, and things that make you want to use tobacco? Identify them now and make a plan for how you will deal with them on quit day	-12	9	TRIGGER
19.	129	If you hide your tobacco use, it might help to tell a trusted friend why you are quitting and how they can support you.	-12	12	SUPPORT
20.	111	Drinking alcohol makes it more difficult to quit tobacco. For the next few days avoid alcohol and see if that helps reduce tobacco use	-11	9	ALC
21.	130	Challenge yourself next time you want to use tobacco. Try to resist for 5 minutes or skip it. Think of it as practice for quit day	-11	12	CRAVE PREP
22.	106	10 days until your quit day. Quitting at any age adds years to your life. You are not going to regret this	-10	9	HEALTH
23.	80	Exercise for atleast 30 minutes daily.. Physical activity is good for you & can help you beat cravings.	-10	12	CRAVE ALTERNATIVE
24.	136	Think of healthy ways to deal with stress & boredom instead of using tobacco. Engage in a hobby or visit a friend to keep yourself busy	-9	9	MOOD ALTERNATIVE BORED
25.	91	Motivation is important. Each day, remind yourself of the reasons you want to quit tobacco	-9	12	MOTIV
26.	101	No amount of tobacco use is safe. Quitting will lower your risk of cancer, heart disease & even death	-8	9	HEALTH
27.	125	Tobacco companies are increasing deadly tobacco use in Africa to make more money. Fight back by quitting tobacco use	-8	12	BIGTOB
28.	94	One week until quit day! You will learn how to live without tobacco, take it one day at a time	-7	9	MOTIV
29.	135	Estimate the amount you spend on tobacco every week, every month, & every year. Soon, you can use that money for something more useful	-7	12	FINANCIAL

30.	80	Quitting tobacco will set a great, healthy, example for your friends and family	-7	15	SOCIAL
31.	116	People with friends & family they can count on are happier & healthier. Talk to people you trust if you need support	-6	9	SUPPORT
32.	102	If you smoke, the people around you can become sick from smoke exposure. Quitting will protect them	-6	12	HEALTH
33.	113	Keeping busy will help you stay tobacco-free. If you feel the need to smoke, do a task around the house instead.	-6	15	BORED ALTERNATIVE
34.	114	You may feel strange when you quit - this is withdrawal. Your body is used to tobacco. These feelings will go away	-5	9	ADDICT
35.	118	You are getting closer to the big day. It may help to cut back on the amount of tobacco you use per day. Keep it up!	-5	12	PREP
36.	106	Using tobacco may decrease your hunger, but it harms your body and can result in sickness and early death	-5	15	HEALTH
37.	142	Whether smoked, chewed, rolled, or sniffed, tobacco contains nicotine. Nicotine is very addictive. When you quit you will break your addiction	-4	9	HEALTH ADDICT
38.	113	If you smoke tobacco, it makes your breath, clothes, & hands smell bad. It can also cause you to age more quickly	-4	12	SOCIAL HEALTH
39.	159	Some might say that not using tobacco shows weakness or disrespect. That's not true. Quitting shows others that you can do the hard work to improve your health	-4	15	SUPPORT
40.	157	Have you identified the people, places, and things that make you want to use tobacco? If not, do that now think about how you can deal with them on quit day	-3	9	TRIGGER PREP
41.	145	3 days left until quit day! Eat a good meal and be physically active. It will reduce stress, boost confidence, & help you feel better all around	-3	12	MOOD
42.	155	Do you have a friend who wants to quit too? Spending time together can provide support for both of you, especially when you're having a hard time	-3	15	SUPPORT
43.	118	2 days to go. Wash up all your clothes, and clean your home to get the tobacco smell out & feel clean on your quit day	-2	9	PREP
44.	134	Cravings are normal & they will pass, whether you use tobacco or not. Eat something healthy on quit day to help you deal with cravings	-2	12	CRAVE PREP

45.	127	Your community may not be concerned about tobacco, but you now know how harmful it can be. Stay strong for you and your health	-2	15	SUPPORT
46.	125	Tomorrow's the day! Plan something fun to keep your mind busy. It can also help to not be around people who are using tobacco	-1	9	PREP SUPPORT
47.	131	Drinking much water on quit day will help you fight off cravings and stay hydrated. Try to drink water throughout your quit day	-1	12	CRAVE PREP
48.	156	Tomorrow is quit day! Throw away any remaining tobacco & get plenty of sleep.	-1	15	PREP
49. (Q7)	154	Today is your quit day. You can do this! You are stronger than you think so stay positive. Do you feel ready? Reply: 1=YES or 2=NO	0	9	SUPPORT
50.	127	Great, we're here to support you! Increase your chances of success by starting to use the nicotine patches tomorrow morning. For more info on how to use the nicotine patch, reply: 1=PATCH	0	9	YES QUIT
	140	It will be tough, but you can do it! Increase your chances of success by starting to use the nicotine patches tomorrow morning. For more info on how to use the nicotine patch, reply: 1=PATCH	0		NO QUIT
51.	100	Reminder! It is very important to get rid of your tobacco. Throw it away now if you still have it.	0	12	PREP
52.	141	The first days are the hardest. Talk to a friend or health worker about any challenges you are facing relating to quitting & seek extra help	0	18	MOTIV
53. (Q8)	63	Day 1 is almost over. Did you quit today? Reply: 1=YES or 2=NO	0	20	CHECK-IN
54.	41	Congratulations! We knew you could do it!	Upon response		YES QUIT
	103	Quitting is hard. The most important thing is to keep going. Try again tomorrow. We know you can do it!	Upon response		NO QUIT
55. (Q9)	129	24 hours since your quit day! Did you put on your patch today? Reply: 1=YES or 2=NO	1	9	MOTIV
56.	61	Great! Using the patch will make it easier to quit tobacco	Upon response		PATCH YES

	88	We recommend using the patch every day. It will reduce cravings and make quitting easier	Upon response		PATCH NO
57. (Q10)	141	Cravings are real. They will not go away immediately, but giving in will only make them stronger. Any cravings today? Reply: 1=YES, 2=NO	1	12	CRAVE
58.	156	We know the urge to use tobacco can be overwhelming at times. Hang in there! Be sure you are using your patches! Cravings will get weaker and less frequent	Upon response		YES CRAVE
	88	That's great to hear! Keep up the great attitude and be sure to keep using your patches!	Upon response		NO CRAVE
59.	122	You have good reasons for quitting. Say them out loud daily to help keep you on track, especially when you are feeling low	1	15	MOTIV
60. (Q11)	146	Feelings can lead to craving tobacco. If you feel bad, it is only temporary, so stay strong. How is your mood today? Reply: 1=GOOD, 2=BAD	2	9	MOOD TRIGGER
61.	63	Great, keep doing what makes you happy. Just don't use tobacco!	Upon response		MOOD GOOD
	131	Feeling bad is normal. But tobacco isn't the answer. Find healthy ways to make yourself feel better. Take a walk or visit a friend.	Upon response		MOOD BAD
62.	109	Do not do it alone. Tell the friends you trust how they can help. They may not know how unless you tell them	2	12	SUPPORT
63.	153	You can get help when you need it. Text: 1=CRAVE (if you have an urge to smoke), 2=MOOD (if you feel down), or 3=SLIP (if you use and need extra support)	2	15	INFO
64.	119	If you live with people who use tobacco, reduce your temptation to use tobacco by making a tobacco-free personal space at home	2	18	CRAVE
65.	143	3 days since your quit day! Tobacco use affects your ability to taste food. Luckily, you can regain your normal taste after 48 hours without tobacco	3	9	HEALTH
66. (Q12)	126	Any cravings today? Reply: 1=YES, 2=NO	3	12	CRAVE
67.	116	Be sure to use your patch and wait 5 minutes for cravings to pass. Keep your mouth busy with Maize, Sorghum, or nuts	Upon response		CRAVE YES
	107	Great! If they come wait 5 minutes for cravings to pass. Keep your mouth busy with Maize, Sorghum, or nuts.	Upon response		CRAVE NO

68.	107	Stay away from people/places that make you want to use tobacco. You will find it easier to manage that way	3	15	SUPPORT TRIGGER
69.	130	You might slip and use tobacco. Don't let one slip be an excuse to start using tobacco again. Learn from the situation and move on	3	18	SLIP
70.	129	Day 4 – you're doing great! Try to relax. Find an activity that is relaxing to you like listening to music, or visiting a friend	4	9	MOTIV MOOD
71.	110	Try different things to stay motivated until you find what works best for you to beat the urge to use tobacco	4	12	MOTIV
72.	100	If you feel jittery, drinking water instead of caffeine or alcohol will help you stay tobacco-free.	4	15	CRAVE ADDICT
73.	114	Tobacco users with HIV are more likely than non-tobacco users with HIV to develop cancer, heart disease and stroke	4	18	HEALTH
74.	110	Day 5 - stay positive. Your journey to being tobacco-free might be hard, but you will be stronger & healthier	5	9	MOTIV
75. (Q13)	156	Cravings will get weaker and less frequent with every day that you don't use tobacco. Do you have urges to use tobacco? Reply: 1=YES, 2=NO	5	12	CRAVE
76.	150	Using a little tobacco may seem like the answer, but you know better. Stay strong. Cravings fade without tobacco, & you will be proud you stayed quit.	Upon response		CRAVE YES
	64	Great! If you get a craving, take a deep breath and it will pass	Upon response		CRAVE NO
77.	143	If you feel comfortable, ask friends & family who use tobacco to not use near you. Or change your location - go for a walk to beat the craving	5	15	SUPPORT CRAVING
78.	86	Quitting tobacco can reduce HIV-related symptoms improve treatment outcomes and wellbeing.	5	18	HEALTH
79.	152	Stress & anger may make you want to use tobacco. When you are feeling these ways, take 10 slow, deep breaths from your nose and exhale out of your mouth	6	9	MOOD ALTERNATIVE TRIGGER
80.	145	6 days & counting. Make time for physical activity each day. – It lowers stress, calms nerves, & improves your mood	6	12	MOOD
81.	88	Celebrations can be a tobacco trigger. Be careful when you go to a party, game, or bar.	6	15	TRIGGER
82.	149	The road to quitting can be rough, but supportive friends/family & keeping busy	6	18	SUPPORT

		can help. Text: 1=CRAVE, 2=MOOD, or 3=SLIP any time for extra support			
83.	84	1 week since your quit day! Do something beneficial today to celebrate. You deserve it	7	9	MOTIV
84. (Q14)	148	Putting the patch on a different spot on your upper body each day can avoid minor skin irritation. Are you still using the patch? Reply: 1=YES, 2=NO			PATCH
85.	86	Great! Staying on the treatment plan for your patches will help you resist tobacco use			YES PATCH
	103	That's ok, ask for help from your healthcare provider if you have questions or concerns about the patch			NO PATCH
86.	129	When you need a support, talk to a friend about what makes your day great. Or engage in an activity that you enjoy	7	12	SUPPORT CRAVE ALTERNATIVE
87.	149	Being around friends/family that are using tobacco is hard. The good news is that resisting pressure from others to use tobacco gets easier over time	7	15	SUPPORT
88.	144	Tobacco is not a good way to deal with stress. Nicotine can make anxiety worse.	7	18	MOOD
89. (Q15)	71	Hi there – are you still tobacco-free? Let us know. Reply: 1=YES, 2=NO	7	18	CHECK-IN
90.	47	Excellent! You should be so proud of yourself.	Upon response		YES QUIT
	24	That is ok, keep trying!	Upon response		NO QUIT
91.	143	True friends support your choice to stay tobacco-free. Let these friends know how they can help you & avoid people who tempt you to use tobacco	8	9	SUPPORT
92. (Q16)	162	Try this trick to deal with cravings. Breathe in. Hold for 5 seconds. Breathe out. Repeat. Do you have cravings right now? Reply: 1=Yes, 2=No	8	12	CRAVE
93.	119	Fight back against the cravings! Crush the urge to use tobacco. Drink cold water, exercise, and wear your patch	Upon response		CRAVE YES
	36	You are doing wonderful! Keep it up!	Upon response		CRAVE NO
94.	94	Quitting tobacco makes your lungs stronger, and speeds up recovery time from injuries	8	15	HEALTH
95.	160	There are many ways to socialize without using tobacco such as playing games, enjoying conversation, or walking with a friend.	8	18	SUPPORT

96.	118	Quitting is not about what you are giving up; it is about what you are gaining. Confidence, pride, and improved health	9	9	MOTIV HEALTH
97.	154	Keep yourself busy. It could be work related, physical activity, or even chatting with friends. Whatever you choose to do, tobacco should not be involved	9	12	MOOD
98.	149	Being around tobacco can lead to cravings. If you can't avoid people using tobacco, plan ahead for how you will avoid tobacco use in these situations	9	15	TRIGGER
99.	96	Start thinking of yourself as someone who doesn't use tobacco. It can help you to stay positive	9	18	MOTIVE SUPPORT
100. (Q17)	103	It has been 9 days since your quit day. Congrats! How is your mood today? Reply: 1=GOOD or 2=BAD	10	9	MOOD
101.	35	Great, keep up the great attitude!	Upon response		MOOD GOOD
	143	Quitting is too important to let stress wear you down. Take control! Build up your strength by eating healthy, drinking enough water, & getting sleep.	Upon response		MOOD BAD
102.	111	Tobacco doesn't make social situations any better. Say no or walk away when your friends/family start using it.	10	12	SUPPORT
103.	145	When cravings hit, focus on something else until the craving passes. For example, think about a person, place or activity that makes you happy.	10	15	CRAVE
104.	119	Even when there is a lot of tobacco around you, it doesn't mean that it is safe for you. Continue staying tobacco-free	10	18	TRIGGER
105.	148	Cravings usually last only 5-10 minutes. Think of things you can do to manage cravings and try different things to find out what works best for you	11	9	CRAVE
106.	93	If you need something in your mouth to keep from using tobacco, try food such as ground nuts	11	12	CRAVE LINK
107.	148	Tobacco use will not improve your social status. It affects your health & the health of those around you. Continue staying tobacco-free	11	15	SUPPORT HEALTH
108.	70	Congratulations on your decision to quit! We know that you can do it!	12	9	MOTIV
109.	147	Almost 2 weeks since your quit day! Did you know that your lungs are beginning to improve and your risk of having a heart attack has dropped	12	12	HEALTH

110.	151	Some people get support for quitting by praying to God for guidance, support and strength to overcome tobacco. Try it if you think it will work for you	12	15	SUPPORT
111.	155	Say out loud why you want to stop using tobacco and resist tobacco cravings. These reasons might include feeling better, getting healthier, or saving money	12	18	MOTIV CRAVE
112.	144	Remind your close friends and family that you are quitting and why. True friends want what is best for you - and that means staying tobacco-free	13	9	SUPPORT
113.	88	Nobody wants to see you sick. Quitting tobacco helps you stay healthy for years to come	13	12	SOCIAL HEALTH
114.	145	Many tobacco users say quitting is the hardest thing they have ever done. When it gets hard, you can text: 1=CRAVE, 2=MOOD, or 3=SLIP for support	13	15	MOTIV
115.	132	Your health is more important than a craving. Cravings usually last only 5-10 minutes. Overcome them by taking 10 slow, deep breaths	13	18	CRAVING
116.	112	2 weeks since your quit day! You deserve to reward yourself by doing something productive for staying with the program - make today a good one	14	9	MOTIV
117. (Q18)	145	Remember that using the nicotine patch every day can help reduce any cravings you might feel. Are you still using the patch? Reply: 1=YES, 2=NO	14	12	PATCH
118.	83	Great! Ask your health care provider if you have any questions about your patch use	Upon response		YES PATCH
	141	Ok, you can always start using them again. Ask your health care provider if you have any questions about how best to use the patches you have	Upon response		NO PATCH
119.	137	Get busy by doing some exercises, cleaning your home, or taking a walk. It will help you stay positive and keep your stress down	14	12	MOOD
120.	147	If a friend offers you tobacco, let them know you are quitting to improve your health. Resisting pressure to use tobacco will get easier over time	14	15	SOCIAL TRIGGER
121. (Q19)	60	Hi there. Are you still tobacco-free? Reply: 1=YES or 2=NO	14	18	CHECK-IN
122.	77	You are doing such a great job of staying tobacco free! We are proud of you!	Upon response		YES QUIT

	72	Don't give up! Keep trying. Use your patches. Your health depends on it!	Upon response		NO QUIT
123.	136	If you're feeling bored, think of 2 things you'd like to accomplish today and do them. Staying productive helps you to stay tobacco-free	15	9	BORED ALTERNATIVE
124.	135	Loneliness can make quitting hard, but tobacco-free is the way to go. Reach out to a trusted friend to ask for their company & support	15	12	MOOD SUPPORT LONELY
125. (Q20)	157	You may be tempted to have just a little tobacco. Don't. It'll only feed your craving & make it stronger. Are you having cravings? Reply: 1=YES, 2=NO	15	15	CRAVE
126.	130	Having cravings is normal. The important thing is to push through them. Remember why you wanted to quit tobacco in the first place	Upon response		CRAVE YES
	68	Great! Thank your body for being so strong and resisting tobacco!	Upon response		CRAVE NO
127.	89	16 days down! You did it yourself. You can do great things, so keep thinking positively.	16	9	MOTIV
128. (Q21)	71	How is your mood today? Let us know. Reply: 1=GOOD, 2=BAD	16	12	MOOD
129.	79	Keep up the great spirit! A positive attitude helps keep you away from tobacco!	Upon response		GOOD MOOD
	84	Do what makes you happy. Listen to music or visit a friend. Just do not use tobacco.	Upon response		BAD MOOD
130.	117	Quitting tobacco can help you get a better night's sleep. Non-smokers sleep more deeply & wake up feeling more rested	17	9	HEALTH
131.	124	Reward yourself for the progress you made. Do something nice for yourself and spend time with supportive friends this week.	17	12	MOTIV SUPPORT
132.	116	Triggers may still tempt you. Keep away from people/places that make you want to use tobacco	18	9	TRIGGER
133.	125	For many people, drinking alcohol is a trigger for tobacco use. Quitting tobacco will be easier if you avoid drinking alcohol	18	12	TRIGGER
134.	126	Don't let boredom get you down. Clean your home, take a walk, enjoy sport, or talk to a friend – you will feel better	18	15	MOOD SUBSTITUTE BORED
135.	137	Most tobacco users spend most of the day using tobacco. Now that you do not use tobacco, you have more time for activities that you enjoy	19	9	MOTIV

136.	141	As Nelson Mandela says, "It always seems impossible until it's done." Never give up & don't be discouraged. Your motivation comes from within	19	12	MOTIV
137.	66	You should be breathing easier after a few weeks without tobacco.	20	9	HEALTH
138.	105	Stay positive. Try not to blame or punish yourself if you slip and use tobacco. Take it one day at a time	20	12	SLIP
139.	159	It can be hard to quit when everyone else uses tobacco. Now that you know the dangers of tobacco, share this information with a friend & encourage them to quit	20	15	SUPPORT
140.	106	3 weeks since your quit day! It's time to celebrate your successes, but don't use tobacco to celebrate	21	9	MOTIV
141. (Q22)	70	Checking in again. Are you still tobacco free? Reply: 1=YES or 2=NO	21	15	CHECK-IN
142.	51	Great job! Quitting tobacco can lower your risk of diabetes & other serious health conditions	Upon response		YES QUIT
	118	Quitting is not easy but it can lower your risk of diabetes & other serious health conditions	Upon response		NO QUIT
143. (Q23)	77	One more question, are you still using the nicotine patch? Reply: 1=YES, 2=NO	21	17	PATCH
144.	72	Great, continue to use the patch as your healthcare provider recommended	Upon response		YES PATCH
	117	Thanks for letting us know. Remember to talk to your healthcare provider about any challenges you have with the patch	Upon response		NO PATCH
145.	90	Quitting tobacco use reduces the financial burden that tobacco places on people who use it	22	9	BIGTOB
146.	104	Feeling restless? Playing a game or sport is a great way to help keep you active & your mind off tobacco	22	12	ALTERNATIVE
147.	152	If you feel left out of social life because of quitting tobacco, remember that your health is most important & that begins with you being tobacco-free	22	15	SUPPORT
148.	78	Over half of all tobacco users have already quit. If they did it, you can too!	23	9	MOTIV
149. (Q24)	59	Hi! How is your mood today? Reply: 1=GOOD, 2=BAD	23	12	MOOD
150.	87	We love your attitude! Staying positive helps overcome all kinds of challenges in life!	Upon response		GOOD MOOD
	127	Turning to tobacco when you are upset is not the answer. Talk to family or friends	Upon response		BAD MOOD

		instead. Ask them to help you stay on track.			
151.	106	Strong healthy bones are another benefit of quitting. Quitting tobacco reduces your risk of bone fractures	24	9	HEALTH
152.	158	Cravings can occur in situations that remind you of tobacco so if a craving hits today, stop what you're doing right away and switch to doing something else	24	12	CRAVE
153. (Q25)	126	It is day 25. By this time, most people's cravings start to fade. Still having cravings? Text back with: 1=Yes 2=No	25	9	CRAVE
154.	150	Using a little tobacco may seem like the answer, but you know better. Stay strong. Cravings fade without tobacco, & you will be proud you stayed quit.	Upon Response		CRAVE YES
	72	Great news! Without cravings it should be easier to remain tobacco free.	Upon Response		CRAVE NO
155.	113	Every single time you use tobacco your risk of cancer goes up. Stay quit to lower your chances of getting cancer	25	12	HEALTH
156.	81	Share your struggles & successes, both big & small, with someone who supports you	26	9	MOOD SUPPORT
157.	115	Being tobacco-free not only improves your health, but can inspire others to quit tobacco & improve their health too	26	12	SOCIAL
158.	143	Even if others in your community use tobacco doesn't mean it is the right choice for you. Stay strong in resisting pressure from others to use	27	9	SOCIAL
159.	93	Rewarding yourself for staying tobacco-free can keep you motivated. Reward yourself!	27	12	MOTIV SUBSTITUTE
160.	133	Congratulations - 1 month since your quit day! That is a major milestone. Visit the health facility & tell your health worker about it	28	9	MOTIV LINK
161. (Q26)	75	Just checking – are you still using the nicotine patch? Reply: 1=YES, 2=NO	28	12	PATCH
162.	33	Great! Thanks for letting us know	Upon response		YES PATCH
	105	Ok, thanks for letting us know. Share with your healthcare provider why you are no longer using the patch	Upon response		NO PATCH
163. (Q27)	54	Second question, are you still tobacco-free? Reply: 1= YES or 2= NO	28	15	CHECK-IN
164.	85	Great! You are more healthy as a result of your hard work to remain tobacco free.	Upon response		YES QUIT

	93	That's ok. Quitting is hard. Try again and avoid the trigger that made you use tobacco again.	Upon response		NO QUIT
165.	136	Smokers are more likely to have dental challenges at a younger age. Visit your health facility to check on your teeth since you quit	29	9	HEALTH
166.	115	Cravings typically last 5-10 minutes. Listening to your favorite music is a great way to allow the craving to pass	29	12	CRAVE
167.	87	Bad days happen. Don't let stress undo all your hard work. You can deal without tobacco	30	9	MOOD
168. (Q28)	144	We hope your mood is improving with time & you are feeling better about staying quit. How is your mood today? Reply: 1=GOOD, 2=BAD	30	12	MOOD
169.	45	Enjoy the rest of your good day tobacco free!	Upon response		
	144	We know it's tempting to use tobacco when you feel like this. But doing that will make things worse, not better. Stay focused - you can do this.	Upon response		BAD MOOD
170.	130	Tobacco may be a symbol of friendship, but true friends will not force you into using tobacco. Resist any temptations of taking it	31	9	SUPPORT
171.	137	Tobacco users face an increased risk of sexual problems. Quitting can improve the chances of having a healthy sexual life for men & women	31	12	HEALTH
172.	106	Alcohol can make the strongest quitter want to use again. Remember, it is often helpful to avoid alcohol.	32	9	ALC TRIGGER
173. (Q29)	112	Remember, quitting tobacco happens one craving at a time. Having any cravings? Reply: 1=Yes 2=NO	32	12	CRAVE
174.	135	Don't let cravings win. Wear your patch as instructed and run, walk, or do other exercise to make the urge to use tobacco pass quickly.	Upon response		CRAVE YES
	52	You're winning against tobacco addiction! Great job!	Upon response		CRAVE NO
175.	124	Next time you are bored, enjoy some good company with friends or do something useful that allows you to avoid tobacco use.	33	9	MOOD SUPPORT ALTERNATIVE BORED

176.	131	Your choices today can make it easier to be tobacco-free tomorrow. On a tough day, remind yourself of why you want to quit tobacco	33	12	MOTIV
177.	129	Be proud of how much you have accomplished – share what you have learned about being tobacco-free with a friend who wants to quit	34	12	MOTIV SOCIAL
178.	159	Sniffing, rolling tobacco or even the slightest form of tobacco use is not safe. These do not lower the risk of heart or lung disease. There is NO safe tobacco	34	9	HEALTH
179.	114	You might still feel the urge to use tobacco. Identify any triggers that you have and make a plan to overcome them	35	9	TRIGGER
180. (Q30)	64	Hang in there. Are you still tobacco-free? Reply: 1=YES or 2=NO	35	12	CHECK-IN
181.	64	Take a minute to celebrate your success! We are so proud of you!	Upon response		YES QUIT
	67	Remind yourself of all the reasons to quit and try quitting again!	Upon response		NO QUIT
182.	100	Life is tough sometimes but YOU make the choice to keep going. Quitting tobacco is not different.	36	9	MOTIV
183.	99	Tobacco use can make your HIV viral load worse. Stay as healthy as possible by staying tobacco-free	36	12	HEALTH
184.	147	Think of the money you have saved so far by not using tobacco, and other ways that your life has improved. You have gained a lot by losing tobacco	37	9	FINANCIAL
185. (Q31)	141	You are on your way to being tobacco-free & nearing the end of the Quit4Life+ program. How is your mood today? Reply: 1=GOOD, 2= BAD	37	12	MOOD
186.	105	Great! Share how good you feel now that you have quit tobacco use with a friend who will be proud of you!	Upon response		MOOD GOOD
	123	Quitting is too important to let a bad day get you down. Take control! Try eating healthy, drinking water, & getting sleep.	Upon response		MOOD BAD
187.	144	Arguments with friends & family may still trigger you. For stress relief, press your fingers between your eyes & above nose. Hold for 30 seconds	38	9	MOOD SUPPORT TRIGGER
188.	95	Take a moment to think about how far you've come. Be proud of how much you've already achieved!	38	12	MOTIV

189.	112	Remember, if you slip & use tobacco, don't give up. You have come too far. Learn from the mistake and keep going	39	9	SLIP
190. (Q32)	145	Last time we are going to ask – are you still having any cravings now that you are nearing the end of the Quit4Life+ program? Reply: 1=Yes, 2=NO	39	12	CRAVE
191.	134	Having cravings is normal. It is to push through them. Remember why you want to quit tobacco and keep using your patches as instructed	Upon response		CRAVE YES
	93	That is great news! Stay focused on remaining tobacco free so that cravings don't come back!	Upon response		CRAVE NO
192.	146	Tobacco users with HIV tend to die years earlier than non-users with HIV. Now that you are tobacco-free, encourage someone else to go tobacco-free	40	9	HEALTH SUPPORT
193.	120	Remember to take 10 deep breaths whenever you feel an urge to use tobacco. It's an easy & effective way to stay on track	40	12	CRAVE
194.	58	It may be hard to quit, but now you have tools to succeed	41	9	MOTIV
195.	108	Each time you resist a tobacco craving, you're closer to being tobacco-free. We know you can keep doing it!	41	12	CRAVE
196. (Q33)	148	You have come a long way, and you should be proud of yourself. Do you think it will be hard to stay tobacco-free? Reply: 1=Yes, 2=No	42	9	MOTIV
197.	149	It might be hard to stay tobacco-free, but you will not regret it. Keep getting the support you need and remind yourself of your reasons for quitting	Upon response		YES HARD
	149	We like your confidence! If you are tempted to use in the future, keep getting the support you need and remind yourself of your reasons for quitting.	Upon response		NO HARD
198. (Q34)	104	Congrats! After 6 weeks, you have completed Quit4Life+! Are you still tobacco-free? Reply: 1=YES or 2=NO	42	12	CHECK-IN
199.	73	CONGRATULATIONS!! We are so proud of you! Go celebrate – without tobacco!	Upon response		YES QUIT
	149	That's ok, quitting is hard. Most fail many times before they succeed. The key is to keep trying! Ask your health professional for more help to quit.	Upon response		NO QUIT
200. (Q35)	124	Hi, it is Quit4Life+ just checking in! It has been a month since your last text. Are you tobacco free? Reply: 1=YES or 2=NO	72	9	CHECK-IN

201.	168	Great, we're still here to support you! Text 1=CRAVE, 2=MOOD or 3=SLIP if you need extra support anytime	Upon response		YES QUIT
	109	That's ok, we're here to support you if you want to try quitting again, just Text 1=CRAVE, 2=MOOD or 3=SLIP	Upon response		No QUIT
202. (Q36)		Are you still using the patch? Reply: 1=YES or 2=NO	72	10	PATCH
203.	87	OK, you should be ending your treatment soon. Great job seeing it all the way through!	Upon response		YES PATCH
	124	OK, we hope the patch aided you in your effort to quit. Please talk to your healthcare provider about any challenges you had	Upon response		NO PATCH
204. (Q37)	93	Hi, it is Quit4Life+ again! It has been 3 months. Are you tobacco free? Reply: 1=YES or 2=NO	132	9	CHECK-IN
205.	37	You are a champion! Congratulations!	Upon response		YES QUIT
	74	That's ok. Stay positive and try to quit again. Your body with thank you!	Upon response		NO QUIT
206. (Q38)	107	Quit4Life+ checking in for the LAST time! It has been 6 months. Are you tobacco free? Reply: 1=YES or 2=NO	222	9	CHECK-IN
207.	101	Great job! You have proven that you can stay tobacco free all on your own! You don't need us anymore!	Upon response		YES QUIT
	113	We are proud of all the effort you have made. Consult with your health care provider to get more support to quit.	Upon response		NO QUIT
208.	96	Cravings are tough, but you can do this. Focus on one craving at a time. Practice makes perfect.	ON DEMAND		REQUEST CRAVE
209.	142	We know the urge to use tobacco can be strong. Hang in there! Cravings get weaker and less frequent with every day that you don't use tobacco.	ON DEMAND		REQUEST CRAVE
210.	150	Using a little tobacco may seem like the answer, but you know better. Stay strong. Cravings fade without tobacco, & you will be proud you stayed quit.	ON DEMAND		REQUEST CRAVE
211.	130	Don't let a craving win. Run, walk, or do other exercise. Get your blood pumping to make the urge to use tobacco pass more quickly.	ON DEMAND		REQUEST CRAVE

212.	119	Fight your craving! Crush the urge to use tobacco. Drink cold water, get moving, or change activities . It really works.	ON DEMAND		REQUEST CRAVE
213.	155	Don't feed a craving by using tobacco! Starve it. Every time you resist the urge to use tobacco, your cravings get weaker. Stick to your tobacco-free plan!	ON DEMAND		REQUEST CRAVE
214.	133	If your cravings always hit at the same time, then mix up your routine. Knowing your triggers will help you beat them & the cravings.	ON DEMAND		REQUEST CRAVE
215.	143	Take deep breaths. Even the strongest craving will go away in a few minutes. Quitting tobacco happens one craving at a time, one day at a time.	ON DEMAND		REQUEST CRAVE
216.	147	The urge to use tobacco will pass. Focus on something else. Distract yourself for 10 min & see how you feel. If the urge is still there, try again.	ON DEMAND		REQUEST CRAVE
217.	130	Having cravings is normal. The important thing is to push through them. Remember why you wanted to quit tobacco in the first place	ON DEMAND		REQUEST CRAVE
218.	131	Quitting tobacco is a tough process & there are going to be bumps along the way. Don't give up. Look how far you have already come!	ON DEMAND		REQUEST SLIP
219.	128	Do not let one slip be an excuse to give up. Try again. Figure out what triggered your slip and find ways to avoid it next time.	ON DEMAND		REQUEST SLIP
220.	143	Slips happen. Don't beat yourself up over it. Like anything tough, you learn as you go. Use right now as a time to restart & get back on track.	ON DEMAND		REQUEST SLIP
221.	118	Quitting is not easy, & many people need several attempts before they win the battle over tobacco. We are here for you.	ON DEMAND		REQUEST SLIP
222.	145	Quitting is tough & mistakes are bound to happen. The most important thing is to keep going. Learn from this slip. Forgive yourself. Now move on.	ON DEMAND		REQUEST SLIP
223.	142	Whatever the reason for slipping, it isn't good enough to keep using tobacco for the rest of your life. Try to avoid the temptation next time.	ON DEMAND		REQUEST SLIP

224.	133	Don't let one time using tobacco lead to another. Learning your triggers will help you stay on track. Keep on going. You CAN do this.	ON DEMAND		REQUEST SLIP
225.	128	Slipping does not mean you failed. Take this opportunity to learn from your mistake. You will be stronger next time.	ON DEMAND		REQUEST SLIP
226.	146	One slip is no reason to go back to tobacco. You have come too far to give up now. Keep looking forward and what you can do differently next time	ON DEMAND		REQUEST SLIP
227.	135	When stress has you down, turning to tobacco is not the answer. Talk to family or friends instead. Ask them to help you stay on track.	ON DEMAND		REQUEST MOOD
228.	100	Feeling stressed is the #1 reason people start tobacco again after they quit. Take a 5 minute break.	ON DEMAND		REQUEST MOOD
229.	143	Quitting is too important to let stress wear you down. Take control! Build up your strength by eating healthy, drinking water, & getting sleep.	ON DEMAND		REQUEST MOOD
230.	136	Feeling unhappy is normal. But tobacco isn't the answer. Find healthy ways to make yourself feel better. Take a walk, or visit a friend.	ON DEMAND		REQUEST MOOD
231.	131	We know it's hard, but hang in there. Remember, a tobacco-free life means a lower risk of heart attacks, lung cancer, and cavities.	ON DEMAND		REQUEST MOOD
232.	153	Make time to be physically active. Physical activity will boost your mood & keep you healthier. Challenge yourself to be active for 10 minutes right now.	ON DEMAND		REQUEST MOOD
233.	144	We know it's tempting to use tobacco when you feel like this. But doing that will make things worse, not better. Stay focused - you can do this.	ON DEMAND		REQUEST MOOD
234.	149	Quitting isn't easy, but the problems from tobacco are worse. Remind yourself why you are tobacco-free. All your hard work will lead to huge rewards.	ON DEMAND		REQUEST MOOD
235.	84	Do what makes you happy. Listen to music or visit a friend. Just do not use tobacco.	ON DEMAND		REQUEST MOOD
236.	146	Each morning, remove the old patch and apply a new patch to your upper body on a different spot on your upper body to avoid minor skin irritation.	ON DEMAND		PATCH

Texts for Standard of Care and NRT ONLY Arms

#	Character Count	User consented to take part in the study.	Day	Hour	Type
1.	45	HIV is still around. Take a stand to end it.	1		Prevention
2.	70	Health is wealth; help Uganda become prosperous by remaining healthy.	2		Testing
3.	54	Take your ARVs on time daily as advised by the health worker.	4		Treatment
4.	140	Being HIV positive is not a sign that someone is Immoral or Cursed. People Living with HIV (PLHIV) need our support to achieve their dreams.	6		Stigma
5.	41	Support your children to complete school.	8		Parents
6.	85	ARVs are medicines that can prevent HIV infection before and after sexual intercourse	10		Prevention
7.	74	Avoid alcohol and drug abuse since it can impair your sense of judgement.	12		Prevention
8.	46	Your HIV results are private and confidential	14		Testing
9.	69	ARVs prolong life and enable one to be a productive member of society	16		Treatment
10.	98	Do you know your viral load? Testing for viral load helps you know if your ARVs are working well.	18		Treatment
11.	49	HIV positive women can have HIV negative babies.	20		MCT
12.	84	Acompany your pregnant partner for antenatal care services at a health facility near you	22		MCT
13.	129	We all Have Equal Rights Regardless of One's HIV Status. Accept and Support all People Irrespective of their Positive HIV Status.	24		Stigma

14.	100	If you are a parent, spend quality time with your children and set a good example for them to follow	26		Parents
15.	40	Your partner's HIV status is not yours.	28		Testing
16.	117	If you and your partner both tested positive, support each other to take your medication on time as advised by the Health worker	30		Treatment
17.	110	It is your Right and Responsibility to Seek for HIV/AIDS related Services such as Testing, Care and Treatment.	32		Stigma
18.	135	Male involvement is key in elimination mother to child transmission of HIV. Take a stand today to prevent mother to child transmission	34		Stigma
19.	128	If you are a parent, create an enabling environment at home for your children to freely discuss body changes and HIV prevention	36		Parents
20.	93	If your partner is pregnant, support her to deliver at the health facility under skilled care	38		MCT
21.	93	Health workers should not reveal the HIV results of people's status without their permission	40		Testing
22.	84	Go for viral load monitoring together with your partner to know how you are responding to treatment.	42		Treatment