

Table S1 Outline of the ACT sessions for smoking cessation

Session	ACT Processes	Session plan
1	Values	<ul style="list-style-type: none"> -Explore the patient's values related to smoking cessation. -Identify treatment goals and link them to the values. -Support the patient's goal of either no smoking or reduced and controlled amounts of smoking.
	Acceptance	<ul style="list-style-type: none"> -Identify the distinction between smoking and urges to smoke.
2	Acceptance	<ul style="list-style-type: none"> -Discuss the short-term versus long-term effectiveness of attempts to control urges. -Identify the negative impacts of attempts to control urges. -Highlight the paradoxical nature of attempts to control urges, using the Person in the Hole metaphor. -Reinforce the futility of attempts to control urges. -Identify attempts to control urges as part of the problem, using the pink elephant and dim sum exercise
3	Acceptance	<ul style="list-style-type: none"> -Introduce acceptance as an alternative to control, using the tug of war with a monster metaphor. -Review acceptance by demonstrating that the willingness to experience urges is a chosen behaviour and an alternative to control, using the tug of war with a monster metaphor. -Identify the decrease in effort required to willingly experience urges.
	Values	<ul style="list-style-type: none"> -Briefly discuss the patient's values to give purpose and meaning to acceptance. -Discuss what could be gained by letting go of the control agenda.
	Committed action	<ul style="list-style-type: none"> -Make behavioural commitments to gradually reduce smoking.
4-7	Defusion	<ul style="list-style-type: none"> -Teach the limits of language and its role in suffering. -Undermine cognitive fusion, using the passengers on the bus metaphor.
	Self as context	<ul style="list-style-type: none"> -Identify the self as the context in which inner experiences occur, using the chessboard metaphor. -Explain that the patient can't choose what inner experiences occur, but can choose what to do with them.
	Present-moment awareness	<ul style="list-style-type: none"> -Help the patient be present with inner experiences. -Identify the importance of being present while not being heavily attached to inner experiences.
	Acceptance	<ul style="list-style-type: none"> -Identify opportunities for acceptance from out-of-session practise. -Encourage acceptance of any problematic inner experiences.
	Committed action	<ul style="list-style-type: none"> -Make behavioural commitments to continue to reduce smoking. -Make behavioural commitments to engage in values-based activities instead of attempting to control urges.
8-9	Values	<ul style="list-style-type: none"> -Define the concept of values. -Clarify the patient's values and assess the consistency of his or her behaviour with those values, using the values assessment worksheet.
	Committed action	<ul style="list-style-type: none"> -Make behavioural commitments to continue to reduce smoking. -Increase behavioural commitments to engage in value-based living, based on recent values work. -Discuss relapse management using ACT skills.
10	Termination	<ul style="list-style-type: none"> -Review any processes that still need attention.

		<ul style="list-style-type: none">-Summarize the treatment, using the Joe the Bum metaphor.-Apply ACT processes to relapse management.-Apply ACT processes to termination.-Suggest a self-help workbook for continued progress.
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Figure S1 Study flowchart

