

## Appendix 1: Interview Guide

### Current smoking habits

Could you please describe a bit about how life has been since the study, generally?

-Follow up: Would you attribute any of that to having taken part in the study?

What is your relationship to smoking now?

Have you had any challenges with smoking since the study - for example, withdrawal symptoms, cravings, lapses?

Did the study impact your smoking habits? And if so, how?

We're going to talk about various elements of the study shortly, but at this stage I thought I'd ask what you think were the most significant factors from the study that led to this change?

What was the *most* important of these factors?

And beyond smoking, have your experiences in this study affected your life/personality since you took part? If so, in what ways?

### Prior smoking habits

How would you characterise your relationship to smoking before you heard about the study?

What would you say smoking *did* for you? What impact was it having on your life?

Why did you choose to participate in the research study, and what did you hope to get out of it?

What would you say was the **primary** motivation for getting involved?

### Preparatory meeting

Were the preparatory meetings useful, and how so? (Examples – CBT, diary-keeping, rubber band on cigarette packs, mantra, guided imagery, bodyscan, life review, educational pieces, scented oil.) What parts of it did or do you use?

-Follow up: What would you say was the *most* useful? And, which parts were the least useful? Why/how?

During this period of preparatory meetings, did you develop a rapport with the study team? Was that helpful in any way? Was anything not helpful?

### Psilocybin

What did you know about psilocybin before you took part in this trial? Had you tried it, or anything like it?

Do you remember what you were thinking or feeling, going into the psilocybin sessions?

-Follow up (if relevant): Do you think you were less nervous because of your previous trips?

Can you tell me about your psilocybin session experiences?

Were there significant or profound experiences that stayed with you from those experiences? If so, which were the most significant or profound among them?

Was any one session the *most* significant?

Would you say you learned anything/gained insights from the sessions?

Did your experiences within the sessions relate directly to your smoking habits? If so, in what ways?

Did the music play a role?

Did you have cravings or withdrawals in the time between the first session and the second?

Did your understanding of what happened in the psilocybin sessions change over time?

How did the psilocybin experiences compare to the experience of smoking cigarettes? Were they addictive like cigarettes have been?!

How did you feel about undergoing the psilocybin experiences around the research team?

Did it affect your relationship with the team members?

Do you think back to your psilocybin experiences much since they've happened? Do you find it useful to do so?

Do you think you are still gaining insights/learning new lessons out of your psilocybin experiences, or is it more like they're in the past now, and you've gained whatever there is to gain from them?

(If relevant) How did your psilocybin sessions compare to previous trips?

Stepping back now, how would *you* characterise the effects of psilocybin?

What about its role in stopping smoking?

I wonder whether you think another very memorable or defining experience might have worked equally well as a marker of a 'change moment' – what about a skydive or something else equally dramatic?

### Follow-up support

Can you tell me a bit about the role of follow-up support, both from the study team and in your personal and social life?

Has the fact that you took psilocybin as part of the study created any difficulty in telling people about the study?

Was there a difference between your previous attempts to quit smoking (before this study) and your experiences in this study?

Thinking about the contributions of the various parts of the study that we've talked about, from your first contact right the way up to now, which aspects do you think worked best together? What about least well?

### Mechanisms of change in smoking habits

In this final major section, I would like to ask you about some possible reasons for why you stopped/reduced smoking, and whether you would relate these to any elements of the study. Some of these questions draw on key ideas and ways of framing how change occurs from other research studies and might not be relevant, which is fine.

Did you experience smoking withdrawal symptoms after the study? If so, how did they compare with previous quit attempts?

-If so, follow up: would you say that this was caused by your experiences in the psilocybin sessions, from another element of the study or an interaction of the factors from the study?

What about changes in craving after the study as compared with beforehand?

-If so, follow up: Do you think it was caused by your experiences in the psilocybin sessions, from another element of the study or an interaction of the factors from the study?

Were there changes in your motivation or resolve to quit, as a result of the study?

-If so, follow up: Do you think they were caused by your experiences in the psilocybin sessions, from another element of the study or an interaction of the factors from the study?

How about changes in your values or priorities related to smoking, as a result of the study?

-If so, follow up: Do you think they were caused by your experiences in the psilocybin sessions, from another element of the study or an interaction of the factors from the study?

Did the study change how you make decisions regarding smoking based upon short-term versus long-term perspectives?

-If so, follow up: Do you think it was caused by your experiences in the psilocybin sessions, from another element of the study or an interaction of the factors from the study?

Did the study affect your sense of spirituality?

-If so, did that impact on your smoking behavior?

-If so, follow up: Do you think it was caused by your experiences in the psilocybin sessions, from another element of the study or an interaction of the factors from the study?

Did you find that particular metaphors, images, phrases, etc. were useful for you in stopping smoking?

-If so, follow up: Did any come from the CBT/body scans/guided imagery? Did any emerge out of the psilocybin sessions? What about from elsewhere?

Do you consider yourself a 'non-' or an 'ex-smoker' now? Did you consider yourself as a 'smoker' beforehand? Was it an important

part of quitting smoking for you to see yourself as a 'non-' or 'ex-smoker'? Why/how?

Do you think there were any other ways in which being in the study has affected your smoking habits?

### **Participatory research and co-design**

This kind of research is very new, and as a participant, we think of you as in a special position to advise us on how it should unfold. What would you want to research if you were us?

Were you comfortable in the space you had your psilocybin experiences in? Would you recommend making any changes? What about the study procedures – was there anything that maybe the researchers could do differently next time?

Do you think that the study would have worked if the psilocybin sessions and the preparatory meetings were switched around?

### **End**

Anything to add?

Having completed the interview, is there anything you would like me to keep confidential from members of the research team?