Suppl. 2. Subjective appraisal, with means and standard deviations (results from Moritz et al., 2018 are set in square brackets)

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| Item | Imaginal retraining | Endorsement in % (fully applies through applies a little) |
| I think the retraining manual is good for self-help and self-guidance. | 2.90 (0.99)[2.91 (0.75)] | 94.9% [100%] |
| My cigarette consumption decreased because of the application of the program.  | 2.15 (1.06) [2.41 (1.10)] | 66.7% [72.7%] |
| I think the content of the manual was comprehensible. | 3.44 (.85)[3.55 (0.60)] | 94.9% [100%] |
| I think the manual was helpful. | 2.77 (0.90)[2.91 (0.97)]  | 94.9% [90.9%]  |
| I was able to use the manual on a regular basis during the past six weeks. | 2.31 (1.13)[2.73 (1.03)]  | 66.7% [86.4%]  |
| I had to force myself to use the manual. | 2.03 (1.06)[2.00 (0.82)]  | 61.5% [68.2%]  |
| I think the manual would make more sense if it were used in combination with psychotherapy. | 2.67 (1.03)[3.00 (0.82)]  | 79.5 [95.5%]  |
| The manual is not applicable to my smoking behavior.  | 1.79 (1.03)[1.68 (0.95)] | 46.2% [40.9%]  |

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*Note*. 1 = not at all, 2 = a little, 3 = a lot, 4 = absolutely