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%] | |  |  |

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