Brief Negotiated Interview Guide – Tobacco and TRUTH Initiative

1. Raise the subject	If it's okay with you, let's take a minute to talk about the screening questions you answered today.
	 You mentioned that you use nicotine products. Tell me more about that? (probe: Do you vape? If yes, what substances do you vape and how often?)
Pros & Cons	I'm interested in getting to know more about what vaping is like for you. What do you like about it? What's not so great about it?
	- So on the one hand [PROS-the good things about using] and on the other hand [CONS-the not so good things about using]
Low Risk praise	I see from your questionnaire that you have used nicotine [X] times during the past 12 months and your amount of use falls into what we call a low-risk level. That's great. That's a healthy choice. It means your risk for preventable injuries and illnesses related to [X] is low.
2. Provide Feedback	What kind of information have you seen about vaping? Can I share some information with you about the health risks that are motivating some young adults to quit or cut down?
	 <u>Example for vaping nicotine or THC products:</u> We know that Nicotine can harm the developing adolescent brain.¹ The brain keeps developing until
	 about age 25. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control.
	 1 pod contains the same amount of nicotine in 1 pack of cigarettes A growing number of people who vape have experienced lung illnesses, including several deaths. It is believed that this is related to chemicals in the vaping process.
Elicit	What do you think about that? [Pick 1 or 2 points likely to be more salient with youth given their presentation]
3. Readiness	We're trying to help people who want to cut down or quit. Given you talked about some of your own reasons that make it not so great, what do you think about cutting down or quitting?
	If the young person has a desire to quit, offer:
	We know it can be hard to cut down or quit. We have a texting program that has helped a lot of other people your age (50,000). It's called This is Quitting. It's absolutely anonymous and only you will know if you want to try it. Do you have a phone you can use for your own texts?
	If yes, "Great. If you want to try it right now, I can show you how and we give you a \$5.00 gift card for texting into the program
	If you choose to wait, but come back and show me you've signed up, we can get you the gift card then. Either way is fine.
	If youth is ambivalent, use MI – offer reflections based on what they indicated in pros and cons; ask questions that go deeper or seek elaboration.
	If the young person has no desire to quit, you could offer:
	Okay, well you don't have to make any decisions right now, but can I give you info about a texting program that's helped other people your age?

	Also, <u>you don't have to commit to quit to sign up</u> - you just need to be between 13-24 years old and text "VTBreathes" to 88709. (show the info brochure card or point to a poster) You will receive some questions. You may answer them and then you can set your own quit date. You'll get a bunch of fun and motivating messages and some information once you start. Like this, see <u>Note to staff</u> Show them your own phone and the messages you have gotten during the "test" you did.
	(remember to test, you use the text phrase "TIQtest" and text it to 88709 and be sure to say you're 13-24 years old)
Close	Thank you for taking time to discuss this with me and being so open.
	Note to staff
	Be sure to record the ID and date of screening on the incentive tracking log. This helps us know
	how many incentives you have given out. It also serves as a record in case any youth come back
	indicating they didn't get a card or they lost one.