**Supplementary Material 3.** Full-text screening: excluded studies

Reason for exclusion: small sample size for smoker participants and risk of bias assessment. Sidhu, et al. Addict Behav 2016;53:53–7 [40]. For example, potential bias in participant selection (domain 2) may arise from disparities in baseline characteristics or inadequate reporting deviations from the intended intervention (domain 4), which could impact the outcomes and introduce bias due to the lack of fidelity assessment and variations in the implementation of the intervention. Low retention rates may influence bias due to missing outcome data (domain 5) and concerns about bias in measuring the outcome (domain 6) because of relying solely on self-reports without biochemical verification. Bias in selecting reported results (domain 7), with significant prevention effects but not cessation effects, may indicate selective outcome reporting. Additionally, the study included a small sample size ($n$ = 16) of cigarette smoker participants.