

**Examining a Smoking Cessation Program: The Impact of a Modified Motivational Interviewing
Consultation Approach**

NCT: NA

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Study Protocol and Data Analysis

Study Protocol

The MMI intervention was developed by Rababah and Al-Hammouri (2022a). The details provided concerning the intervention are based on Rababah and Al-Hammouri (2022a). The participants in the intervention group will be instructed to record two videos per week for the first 2 weeks. Then, they will be asked to record one video per week for 2 weeks, followed by one video every 2 weeks for 4 weeks. They do not need to have professional skills in video making; the participant could use any device, like a cell phone, to record the video. The researcher will check all videos and give feedback to the participants. The feedback will be about the content making sure it fits within the four categories of change talk mentioned above: 1) advantages of change, 2) optimism about change 3) intention to change, and 4) finally, disadvantages of the status quo. The participants will be asked not to record the subsequent video until they receive the comments about the content of the previous one. Participants in the intervention group will be able to share their videos with other participants in the intervention group through a private, virtual online thread. Although the initially proposed MMI does not provide any guidelines concerning the length of the video, the length of each video in the current study will be set to 15 minutes. This version of the MMI has several advantages over the original version in that it does not require skilled MI practitioners. Since the intervention can be self-implemented and does not require a trained practitioner, it will lower the cost of implementation compared to the original MI. In addition, MMI can be planned and implemented at a pace that fits participants' daily activity routines. The data will be collected at three-time points: before the intervention, after the intervention (the end of the 8th week), and three months after the end of the intervention. The control group will receive no intervention, and the data will be collected from them simultaneously with the intervention group. If the results showed that the intervention was effective, the control group would be offered the intervention after the end of the study.

Data analysis

The SPSS version (26) will be used to analyze the data. Also, we will examine the data using descriptive statistics (mean, S.D., percentage, and frequency) depending on the level of measurement to explore and present sample characteristics and outcome variables. Further, we will use repeated measures MANOVA to evaluate the effectiveness of MMI (comparing intervention and control groups) on main study variables among university students.