**Operator Instructions - Quick Guide**

* STANDARDIZED procedure is necessary.
* TIMED smoking cue exposure script (**02:00** minutes), followed by
* **03:00** minutes PowerPoint presentation (1 out of the 4 provided).
* Items needed:
  + A copy of page 9 from the subject's "Clearing the Air" booklet describing the subject's top 4 triggers that cause the highest level of craving for a cigarette
  + Tray
  + Packet of individual’s cigarettes
  + Lighter
  + Provocation cue (recorded script)
  + ppt. presentation (1 out of the 4 provided)

**Before starting the provocation script, ensure that the subject HAS THE HELMET ON AND is ready for treatment**

**And**

**Complete the Nicotine Craving Scale in the operator notebook.**

**Smoking Cue Exposure**

1. **Script (02:00 minutes)**

* **0:00** – Close your eyes and imagine that you are now …. (Choose one of the subject's 4 triggers which cause the highest craving from page 9 of the "Clearing the Air" booklet) until I say stop.
* **0:30** – Stop and open your eyes.
* **0:30** – Lift the cover now and place it on the table beside the tray.
* **0:37** – Look at the items but do not touch them
* **0:45** – Now pull a cigarette out of the pack on the tray
* **0:52** – Hold the cigarette between your fingers
* **0:60** – Smell the cigarette until I say stop
* **1:10** – Stop smelling the cigarette, Now put the cigarette in your mouth as if you were going to light it
* **1:22** – With the cigarette still in your mouth, pick up the lighter
* **1:28** – Flick the lighter until you get a flame
* **1:35** – Now let the flame go out
* **1:50** – Continue to hold the cigarette in your mouth and lighter in your hand
* **2:00** – Now place the lighter and cigarette back on the tray

1. ***One* ppt. presentation (03:00 minutes)**

***After the provocation*, complete the Nicotine Craving Scale in the operator notebook (prior to the treatment).**

**ENSURE THE SUBJECT HAS INSERTED THE EARPLUGS**

**Start the treatment**

***After the treatment*, complete the Nicotine Craving Scale in the operator notebook.**