

Supplement Table 1. The example of intervention messages

	Example text message
Increase severity and susceptibility	1.Half of the smokers will die early from smoking 2.Compared with smoking regular cigarettes, smoking "low-tar cigarettes" does not reduce the harm of smoking.
Decrease response cost, intrinsic and extrinsic rewards	1.Quitting smoking is actually the most cost-effective health care measure 2.Currently, everyone is pursuing a healthy lifestyle; smoking is no longer a social trend.
Increase self-efficacy and response efficacy	1.If there is a smoker in your home, you can encourage him or her to quit smoking together with you. 2.Your efforts are for a better life; many people like you are quitting smoking with us now

Supplement Figure 1. Study flowchart

