**Personal determinants:**
- Enjoyment of smoking
- No immediate health concerns
- Stress and boredom
- Transition to further study, employment, leaving home
- Experimenting with other risk-taking behaviours
- Transforming identity to appear mature/rebellious and increase social status
- Seeking acceptance and belonging in new social groups
- Attending parties and drinking alcohol

**Environmental determinants:**
- Further study or working environments enable or encourage smoking
- Peer or family influence of smoking
- Smoking as a normative behaviour in groups
- Negative attitudes and beliefs about women who smoke
- Negative attitudes from non-smokers
- Smoking prevention/cessation provision not resonant to young adults

**Poor self-management attitudes and behaviours:**
- Starting and continuing to smoke
- Not personally identifying with addiction
- Not identifying as a smoker or with associated health risks
- Smoking more when drinking alcohol or at parties
- Smoking to facilitate new social or working relationships
- Anticipation to quit in future years using willpower
- Confidence in ability to quit when ready

**Environmental factors:**
- **Interpersonal:**
  - Lack of support for non-smokers from peers
- **Organisational:**
  - Lack of support for non-smokers or smoking cessation for young adults in further/higher education or employment
- **Societal:**
  - Self-stigma of engaging with smoking cessation services or NRT, both perceived to be targeted at older/addicted smokers
  - Stigma towards addicted smokers, lone smokers, women smokers

**Health and wellbeing outcomes:**
- Addiction to smoking
- Health concerns
- Being stigmatised for smoking, leading to stress, shame and defensiveness
- Struggling to quit when ready

**Outcomes reinforcing smoking behaviour:**
- Acceptance and belonging within new social groups
- Alleviating stress and boredom
- Feeling more relaxed at parties or in new social situations