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