Week 0-1: 60 participants with > 6 months of smoking history, baseline observation and smoking profile

Arm 1 (20 participants): NADA points + digital pressure with urge
Arm 2 (20 participants): random points + digital pressure with urge
Arm 3 (20 participants): NO acupressure, only advice + support

Week 2-7: Weekly review for adverse effects, smoking log, CO level; weekly scoring of MNSW and SCL.

PAR and CAR at week 3, week 5 and week 7

Week 13. Assess CAR, CO level, MNSW and SCL

Week 26. Assess CAR, CO level, MNSW and SCL

Figure 2. Flow chart of Proposed pilot study