***Role-play Tips***

**Smoking counseling**

**Case Scenario :**

**Scenario:** *Mr Khalid, a 42 years old, sales man by profession working in a factory . You smoke 20 cigarettes a day and have a poor diet, you are not fond of eating any fruit or vegetables.*

*Hints and clues: One of your cousin was recently diagnosed with lung cancer and you are now worried that you will suffer the same fate.*

*Hints and clues: You have tried quitting smoking 2 years before without help and were not able to manage it , but you still want to quit .*

*Hints and clues: you don’t know what other medical problems smoking may cause and at present and feels you feel perfectly fit and well.*

*No h/o cough.*

**Obesity counseling**

**Case Scenario :**

Scenario: A 20-year-old college student visits the health center for concerns over her increasing weight. You see that her BMI is greater than 30. How will you approach this student, within context of the 5A approach to counselling?