

**NORTHWESTERN MEMORIAL WELLNESS INSTITUTE
SMOKING CESSATION PROGRAM**

WHY DO YOU SMOKE?

Circle one number for each statement. RESPOND TO EVERY STATEMENT!

	NEVER	SELDOM	SOMETIMES	OFTEN	ALWAYS
A. I smoke in order to keep from slowing down	1	2	3	4	5
B. Handling a cigarette is part of my smoking enjoyment	1	2	3	4	5
C. Smoking cigarettes is pleasant and relaxing	1	2	3	4	5
D. I light up when I feel angry about something	1	2	3	4	5
E. When I run out of cigarettes I find it unbearable	1	2	3	4	5
F. I smoke automatically, without being aware of it	1	2	3	4	5
G. I smoke cigarettes to stimulate me, to perk myself up	1	2	3	4	5
H. Part of my enjoyment is from steps I take to light up	1	2	3	4	5
I. I find cigarettes pleasurable	1	2	3	4	5
J. When I am uncomfortable or upset, I light up	1	2	3	4	5
K. When I am not smoking I am aware of it	1	2	3	4	5
L. I light up with a cigarette still burning in an ashtray	1	2	3	4	5
M. I smoke to give me a "lift"	1	2	3	4	5
N. Part of my enjoyment is watching smoke as I exhale	1	2	3	4	5
O. I want a cigarette most when I am relaxed	1	2	3	4	5
P. When I feel "down" I want a cigarette	1	2	3	4	5
Q. I crave a cigarette if I have not smoked in a while	1	2	3	4	5
R. I have had a cigarette in my mouth without knowing how	1	2	3	4	5

HOW TO SCORE: In the spaces below, enter the number you have circled for the statement, putting the number you have circled to Statement A on line A, to Statement B on line B., etc. Add the 3 scores on each line to get your totals for each category (Stimulation, Handling, etc.). A score of 11 or more means that category is significant for why you smoke.

A	+ G	+ M	=	9	Stimulation
B	+ H	+ N	=	7	Handling
C	+ I	+ O	=	10	Pleasurable Relaxation
D	+ J	+ P	=	15	Crutch: Tension Reduction
E	+ K	+ Q	=	13	Craving: Psychological Addiction
F	+ L	+ R	=	5	Habit

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HOW YOU FEEL ABOUT QUITTING

Circle one number for each statement. RESPOND TO EVERY STATEMENT!

	EXTREMELY IMPORTANT	RATHER IMPORTANT	FAIRLY UNIMPORTANT	DO NOT CARE
A. Smoking might give me a serious disease	4	3	2	1
B. My smoking sets a bad example	4	3	2	1
C. Cigarette smoking is a messy habit	4	3	2	1
D. Stopping smoking is a challenge to me	4	3	2	1
E. Cigarettes are too expensive	4	3	2	1
F. Smoking makes me short of breath	4	3	2	1
G. If I quit smoking, others might follow my example	4	3	2	1
H. Cigarettes burn my clothes, rugs, furniture, etc.	4	3	2	1
I. Quitting smoking demonstrates self-control	4	3	2	1
J. Quitting smoking would save me a lot of money	4	3	2	1
K. If I do not stop smoking, it will make me sick	4	3	2	1
L. Children who see me smoke are encouraged to smoke	4	3	2	1
M. When I quit, my senses of taste and smell will improve	4	3	2	1
N. I hate the idea of being controlled by a habit	4	3	2	1
O. Smoking is like setting fire to money	4	3	2	1

HOW TO SCORE: Enter the number you have circled next to the letter corresponding to the question you have answered. Add the numbers horizontally across, and write the total of each line at the right, next to the word at the end of the line: "Health", Example, and so on. A score of 9 or more on one line means that your motive for quitting is strong in that category. Scores less than six indicate weak motive.

A	+	F	+	K	=	12	Health
B	+	G	+	L	=	7	Example
C	+	H	+	M	=	9	Aesthetics
D	+	I	+	N	=	12	Control
E	+	J	+	O	=	11	Expense

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HOW ADDICTED ARE YOU TO NICOTINE?

1. How soon after you wake up in the morning do you smoke your first cigarette?
After 60 minutes score "0"
Within 31 – 60 minutes score "1"
Within 6 - 30 minutes score "2"
Within 5 minutes score "3" _____

 2. Do you find it difficult not to smoke where smoking is forbidden?
Yes score "1"; *no* score "0" _____

 3. Which of all the cigarettes you smoke during the day is the most satisfying?
First cigarette in the morning score "1"; any other score "0" _____

 4. Which cigarette would you hate to give up most?
First cigarette in the morning score "1"; any other score "0" _____

 5. How many cigarettes a day do you smoke?
10 or less cigarettes a day score "0"
11 – 20 cigarettes a day score "1"
21 – 30 cigarettes a day score "2"
31 or more score "3" _____

 6. Do you smoke more during the morning than the rest of the day?
Yes score "1"; *no* score "0" _____

 7. Do you smoke when you are sick enough to have to stay in bed?
Yes score "1"; *no* score "0" _____

 8. How often do you inhale?
Always score "3"
Often score "2"
Occasionally score "1"
Never score "0" _____
- TOTAL SCORE 8

A score of 7 or higher indicates a significant dependence on nicotine. The higher the score, the stronger the physical addiction.

This test was created by Dr. Karl-Olov Fagerstrom, formerly of the University of Uppsala, Sweden, in 1978.