

Participant ID _____

Date Completed _____

Smoking Status smoking / not smoking



If you have not yet quit smoking:

Below is a list of things people may find difficult when quitting smoking. In each case, write a number to indicate how easy or difficult these things are likely to be for you AFTER YOU HAVE QUIT SMOKING. The rating scale (see below) ranges from 0 (extremely easy) to 10 (extremely difficult), so the more difficult you think you'll find something, the higher the number you should write.

If you have already quit smoking:

Below is a list of things people may find difficult when quitting smoking. How difficult are you currently finding these things? In each case, write a number to indicate how easy or difficult these things have been for you IN THE LAST FEW DAYS. The rating scale (see below) ranges from 0 (extremely easy) to 10 (extremely difficult), so the more difficult you think you will find something, the higher the number you should write.

The Rating Scale:

0	1	2	3	4	5	6	7	8	9	10
Extremely Easy		Very Easy		Quite Easy		Quite Difficult		Very Difficult		Extremely Difficult



Please rate the difficulty of the following (give a rating in EVERY case):

1) Dealing with cravings...	Your rating:
2) Dealing with stress or tension...	Your rating:
3) Finding the motivation to not smoke...	Your rating:
4) Getting support from friends & family in relation to your quit attempt...	Your rating:
5) Using quit-smoking medications (eg – Nicotine Replacement Therapy)...	Your rating:
6) Not smoking first thing in the morning...	Your rating:

