

## SCQ\_A

**INSTRUCTIONS:** Below is a list of statements about smoking. Each statement contains a possible consequence of smoking. For each of the statements listed below, please rate how **LIKELY** or **UNLIKELY** you believe each consequence is for you when you smoke. If the consequence seems **UNLIKELY** to you, mark a number from 0 – 4. If the consequence seems **LIKELY** to you, mark a number from 5 – 9. That is, if you believe that a consequence would never happen, mark the 0; if you believe a consequence would happen every time you smoke, mark the number 9. Use the guide below to aid you further:

0	1	2	3	4	5	6	7	8	9
Completely	Extremely	Very	Somewhat	A little	A little	Somewhat	Very	Extremely	Completely
<b>UNLIKELY</b>					<b>LIKELY</b>				

	UNLIKELY					LIKELY				
	0	1	2	3	4	5	6	7	8	9
1. Cigarettes taste good.	0	1	2	3	4	5	6	7	8	9
2. Smoking controls my appetite.	0	1	2	3	4	5	6	7	8	9
3. My throat burns after smoking.	0	1	2	3	4	5	6	7	8	9
4. Cigarettes help me deal with anxiety or worry.	0	1	2	3	4	5	6	7	8	9
5. Nicotine “fits” can be controlled by smoking.	0	1	2	3	4	5	6	7	8	9
6. When I’m angry a cigarette can calm me down.	0	1	2	3	4	5	6	7	8	9
7. When I’m alone, a cigarette can help me pass the time.	0	1	2	3	4	5	6	7	8	9
8. I become more addicted the more I smoke.	0	1	2	3	4	5	6	7	8	9
9. If I’m tense, a cigarette helps me to relax.	0	1	2	3	4	5	6	7	8	9
10. Cigarettes keep me from overeating.	0	1	2	3	4	5	6	7	8	9
11. Smoking a cigarette energize me.	0	1	2	3	4	5	6	7	8	9
12. Cigarettes help me deal with anger.	0	1	2	3	4	5	6	7	8	9
13. Smoking calms me down when I feel nervous.	0	1	2	3	4	5	6	7	8	9

14. Cigarettes make my lungs hurt.	0	1	2	3	4	5	6	7	8	9
15. I feel like I do a better job when I am smoking.	0	1	2	3	4	5	6	7	8	9
16. A cigarette can give me energy when I'm bored and tired.	0	1	2	3	4	5	6	7	8	9
17. Cigarettes can really make me feel good.	0	1	2	3	4	5	6	7	8	9
18. When I'm feeling happy, smoking helps keep that feeling.	0	1	2	3	4	5	6	7	8	9
19. I will enjoy the flavor of a cigarette.	0	1	2	3	4	5	6	7	8	9
20. If I have nothing to do, a smoke can help kill time.	0	1	2	3	4	5	6	7	8	9
21. I will enjoy feeling a cigarette on my tongue and lips.	0	1	2	3	4	5	6	7	8	9
22. Smoking will satisfy my nicotine cravings.	0	1	2	3	4	5	6	7	8	9
23. I feel like part of a group when I'm around other smokers.	0	1	2	3	4	5	6	7	8	9
24. Smoking makes me seem less attractive.	0	1	2	3	4	5	6	7	8	9
25. By smoking I risk disease and lung cancer.	0	1	2	3	4	5	6	7	8	9
26. Smoking helps me enjoy people more.	0	1	2	3	4	5	6	7	8	9
27. Cigarettes help me reduce or handle tension.	0	1	2	3	4	5	6	7	8	9
28. I feel better physically after having a cigarette.	0	1	2	3	4	5	6	7	8	9
29. I enjoy parties more when I am smoking.	0	1	2	3	4	5	6	7	8	9
30. People think less of me if they see me smoking.	0	1	2	3	4	5	6	7	8	9
31. A cigarette can satisfy my urge to smoke.	0	1	2	3	4	5	6	7	8	9
32. Just handling a cigarette is pleasurable.	0	1	2	3	4	5	6	7	8	9
33. If I'm feeling irritable, a smoke will help me relax.	0	1	2	3	4	5	6	7	8	9
34. Smoking irritates my mouth and throat.	0	1	2	3	4	5	6	7	8	9
35. When I feel bored and tired, a cigarette can really help.	0	1	2	3	4	5	6	7	8	9

36. I will become more dependent on nicotine if I continue smoking.	0	1	2	3	4	5	6	7	8	9
37. Smoking helps me control my weight.	0	1	2	3	4	5	6	7	8	9
38. When I'm upset with someone, a cigarette helps me cope.	0	1	2	3	4	5	6	7	8	9
39. The more I smoke, the more I risk my health.	0	1	2	3	4	5	6	7	8	9
40. Cigarettes keep me from eating more than I should.	0	1	2	3	4	5	6	7	8	9
41. I enjoy the steps I take to light up.	0	1	2	3	4	5	6	7	8	9
42. Conversations seem more special if we are all smoking.	0	1	2	3	4	5	6	7	8	9
43. I look ridiculous while smoking.	0	1	2	3	4	5	6	7	8	9
44. Smoking keeps my weight down.	0	1	2	3	4	5	6	7	8	9
45. I like the way a cigarette makes me feel physically.	0	1	2	3	4	5	6	7	8	9
46. Smoking is hazardous to my health.	0	1	2	3	4	5	6	7	8	9
47. I enjoy feeling the smoke hit my mouth and the back of my throat.	0	1	2	3	4	5	6	7	8	9
48. When I smoke, the taste is pleasant.	0	1	2	3	4	5	6	7	8	9
49. I like to watch the smoke from my cigarette.	0	1	2	3	4	5	6	7	8	9
50. When I am worrying about something, a cigarette is helpful.	0	1	2	3	4	5	6	7	8	9
51. Smoking temporarily reduces those repeated urges for cigarettes.	0	1	2	3	4	5	6	7	8	9
52. I enjoy the taste sensations while smoking.	0	1	2	3	4	5	6	7	8	9
53. I feel more at ease with other people if I have a cigarette.	0	1	2	3	4	5	6	7	8	9
54. Cigarettes are good for dealing with boredom.	0	1	2	3	4	5	6	7	8	9
55. Smoking is taking years off my life.	0	1	2	3	4	5	6	7	8	9