

SID # _____

Date _____

S-SCQ (5/2002)

Below is a list of statements about smoking. Each statement contains a possible consequence of smoking. For each of the statements below, please rate how **LIKELY** or **UNLIKELY** you believe each consequence is for you when you smoke. **If you have never smoked**, you are to answer according to your personal beliefs about the consequences when smoking, regardless of what other people might think.

If the consequence seems **UNLIKELY** to you, circle a number from 0 to 4. If the consequence seems **LIKELY** to you, circle a number from 5 to 9. That is, if you believe that a consequence would never happen, circle 0; if you believe a consequence would happen every time you smoke, circle 9. Use the guide below to aid you further. For example, if a consequence seems completely likely to you, you would circle 9. If it seems a little unlikely to you, you would circle 4.

Please circle your answer to each question using the scale below.

0 1 2 3 4 5 6 7 8 9
Completely Extremely Very Somewhat A Little A Little Somewhat Very Extremely Completely
<-----UNLIKELY-----><-----LIKELY----->

- | | | | | | | | | | | |
|---------------------------------------------------|---|---|---|---|---|---|---|---|---|---|
| 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. Cigarettes help me deal with anxiety or worry. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 4. I enjoy the taste sensations while smoking. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 5. Smoking helps me deal with depression. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 6. Cigarettes keep me from overeating. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 7. Cigarettes help me deal with anger. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 8. When I smoke the taste is pleasant. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 9. I will enjoy the flavor of a cigarette. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |

Please circle your answer to each question using the scale below.

0 1 2 3 4 5 6 7 8 9
Completely Extremely Very Somewhat A Little A Little Somewhat Very Extremely Completely
<-----UNLIKELY-----><-----LIKELY----->

- 10. I will enjoy feeling a cigarette on my tongue and lips. 0 1 2 3 4 5 6 7 8 9
- 11. By smoking I risk heart disease and lung cancer. 0 1 2 3 4 5 6 7 8 9
- 12. Cigarettes help me reduce or handle tension. 0 1 2 3 4 5 6 7 8 9

- 13. Smoking helps me control my weight. 0 1 2 3 4 5 6 7 8 9
- 14. When I'm upset with someone, a cigarette helps me cope. 0 1 2 3 4 5 6 7 8 9
- 15. The more I smoke, the more I risk my health. 0 1 2 3 4 5 6 7 8 9

- 16. Cigarettes keep me from eating more than I should. 0 1 2 3 4 5 6 7 8 9
- 17. Smoking keeps my weight down. 0 1 2 3 4 5 6 7 8 9
- 18. Smoking is hazardous to my health. 0 1 2 3 4 5 6 7 8 9

- 19. Smoking calms me down when I feel nervous. 0 1 2 3 4 5 6 7 8 9
- 20. When I'm angry a cigarette can calm me down. 0 1 2 3 4 5 6 7 8 9
- 21. Smoking is taking years off my life. 0 1 2 3 4 5 6 7 8 9