

## SmokeLoC Questionnaire

The following is a questionnaire that considers some of the reasons why people may or may not succeed in giving up smoking. (For the purposes of this scale, to “succeed in stopping smoking” means having stopped for at least six months without starting again.)

Listed below are a number of statements about giving up smoking. We would like you to indicate the extent to which you agree or disagree with each statement, by placing a circle around the number on the scale which best represents your view. The scale ranges from ‘Strongly Disagree’ (0) to ‘Strongly Agree’ (5). Thus the more strongly you *agree* with a statement, then the *higher* will be the number you circle; and the more strongly you *disagree* with a statement, then the *lower* will be the number you circle.

Please make sure you consider every statement and that you circle **only one** number per statement.

As much as you can, try to respond to each statement independently and try not to be influenced by your previous choices. This is a measure of your personal views; there are no right or wrong answers. Just respond according to how you really feel.

It may be that at the moment you have no wish to stop smoking. If this is so, please fill out the scale anyway - imagining yourself at a time when you do wish to stop smoking.

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	Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1. For me, stopping smoking depends on encouragement to give up from society as a whole.	0	1	2	3	4	5
2. If I want to stop smoking, I've got to make it happen myself.	0	1	2	3	4	5

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