

Smoking Motivations

(WISDM)

Below are a series of statements about cigarette smoking. Please rate your level of agreement for each using the following scale. If you are a *former* smoker, please answer the questions for the period when you smoked cigarettes.

1
2
3
4
5
6
7

←
→

Not True of Me at All
Extremely True of Me

1.	I enjoy the taste of cigarettes most of the time.	1	2	3	4	5	6	7
2.	Smoking keeps me from gaining weight.	1	2	3	4	5	6	7
3.	Smoking makes a good mood better.	1	2	3	4	5	6	7
4.	If I always smoke in a certain place it is hard to be there and not smoke.	1	2	3	4	5	6	7
5.	I often smoke without thinking about it.	1	2	3	4	5	6	7
6.	Cigarettes control me.	1	2	3	4	5	6	7
7.	Smoking a cigarette improves my mood.	1	2	3	4	5	6	7
8.	Smoking makes me feel content.	1	2	3	4	5	6	7
9.	I usually want to smoke right after I wake up.	1	2	3	4	5	6	7
10.	Very few things give me pleasure each day like cigarettes.	1	2	3	4	5	6	7
11.	It's hard to ignore an urge to smoke.	1	2	3	4	5	6	7
12.	The flavor of a cigarette is pleasing.	1	2	3	4	5	6	7
13.	I smoke when I really need to concentrate.	1	2	3	4	5	6	7
14.	I can only go a couple hours between cigarettes.	1	2	3	4	5	6	7
15.	I frequently smoke to keep my mind focused.	1	2	3	4	5	6	7
16.	I rely upon smoking to control my hunger and eating.	1	2	3	4	5	6	7
17.	My life is full of reminders to smoke.	1	2	3	4	5	6	7
18.	Smoking helps me feel better in seconds.	1	2	3	4	5	6	7
19.	I smoke without deciding to.	1	2	3	4	5	6	7
20.	Cigarettes keep me company, like a close friend.	1	2	3	4	5	6	7
21.	Few things would be able to replace smoking in my life.	1	2	3	4	5	6	7
22.	I'm around smokers much of the time.	1	2	3	4	5	6	7
23.	There are particular sights and smells that trigger strong urges to smoke	1	2	3	4	5	6	7
24.	Smoking helps me stay focused.	1	2	3	4	5	6	7
25.	Smoking helps me deal with stress.	1	2	3	4	5	6	7
26.	I frequently light cigarettes without thinking about it.	1	2	3	4	5	6	7
27.	Most of my daily cigarettes taste good.	1	2	3	4	5	6	7
28.	Sometimes I feel like cigarettes rule my life.	1	2	3	4	5	6	7
29.	I frequently crave cigarettes.	1	2	3	4	5	6	7
30.	Most of the people I spend time with are smokers.	1	2	3	4	5	6	7
31.	Weight control is a major reason that I smoke.	1	2	3	4	5	6	7

		1	2	3	4	5	6	7	
		←					→		
		<i>Not True of Me at All</i>					<i>Extremely True of Me</i>		
32.	I usually feel much better after a cigarette.	1	2	3	4	5	6	7	
33.	Some of the cigarettes I smoke taste great.	1	2	3	4	5	6	7	
34.	I'm really hooked on cigarettes.	1	2	3	4	5	6	7	
35.	Smoking is the fastest way to reward myself.	1	2	3	4	5	6	7	
36.	Sometimes I feel like cigarettes are my best friends	1	2	3	4	5	6	7	
37.	My urges to smoke keep getting stronger if I don't smoke.	1	2	3	4	5	6	7	
38.	I would continue smoking, even if it meant I could spend less time on my hobbies and other interests.	1	2	3	4	5	6	7	
39.	My concentration is improved after smoking a cigarette.	1	2	3	4	5	6	7	
40.	Seeing someone smoke makes me really want a cigarette.	1	2	3	4	5	6	7	
41.	I find myself reaching for cigarettes without thinking about it.	1	2	3	4	5	6	7	
42.	I crave cigarettes at certain times of day.	1	2	3	4	5	6	7	
43.	I would feel alone without my cigarettes.	1	2	3	4	5	6	7	
44.	A lot of my friends or family smoke.	1	2	3	4	5	6	7	
45.	Smoking brings me a lot of pleasure.	1	2	3	4	5	6	7	
46.	Cigarettes are about the only things that can give me a lift when I need it	1	2	3	4	5	6	7	
47.	Other smokers would consider me a heavy smoker.	1	2	3	4	5	6	7	
48.	I feel a strong bond with my cigarettes.	1	2	3	4	5	6	7	
49.	It would take a pretty serious medical problem to make me quit smoking.	1	2	3	4	5	6	7	
50.	When I haven't been able to smoke for a few hours, the craving gets intolerable.	1	2	3	4	5	6	7	
51.	When I do certain things I know I'm going to smoke.	1	2	3	4	5	6	7	
52.	Most of my friends and acquaintances smoke.	1	2	3	4	5	6	7	
53.	I love the feel of inhaling the smoke into my mouth.	1	2	3	4	5	6	7	
54.	I smoke within the first 30 minutes of awakening in the morning.	1	2	3	4	5	6	7	
55.	Sometimes I'm not aware that I'm smoking.	1	2	3	4	5	6	7	
56.	I'm worried that if I quit smoking I'll gain weight.	1	2	3	4	5	6	7	
57.	Smoking helps me think better.	1	2	3	4	5	6	7	
58.	Smoking really helps me feel better if I've been feeling down.	1	2	3	4	5	6	7	
59.	Some things are very hard to do without smoking.	1	2	3	4	5	6	7	
60.	Smoking makes me feel good.	1	2	3	4	5	6	7	
61.	Smoking keeps me from overeating.	1	2	3	4	5	6	7	
62.	My smoking is out of control.	1	2	3	4	5	6	7	
63.	I consider myself a heavy smoker.	1	2	3	4	5	6	7	
64.	Even when I feel good, smoking helps me feel better.	1	2	3	4	5	6	7	
65.	I reach for cigarettes when I feel irritable.	1	2	3	4	5	6	7	
66.	I enjoy the sensations of a long, slow exhalation of smoke.	1	2	3	4	5	6	7	
67.	Giving up cigarettes would be like losing a good friend.	1	2	3	4	5	6	7	
68.	Smoking is the easiest way to give myself a lift.	1	2	3	4	5	6	7	