

BRIEF WISDM 37 – Wisconsin Inventory Of Smoking Dependence Motives

Date: _____

ID Number: _____

Visit Number: _____

Below are a series of statements about cigarette smoking. Please rate your level of agreement for each using the following scale:

		1	2	3	4	5	6	7
		Not true of me at all						Extremely true of me
1.	I often smoke without thinking about it	1	2	3	4	5	6	7
2.	Cigarettes control me	1	2	3	4	5	6	7
3.	I usually want to smoke right after I wake up	1	2	3	4	5	6	7
4.	It's hard to ignore an urge to smoke	1	2	3	4	5	6	7
5.	The flavor of a cigarette is pleasing	1	2	3	4	5	6	7
6.	I frequently smoke to keep my mind focused	1	2	3	4	5	6	7
7.	I rely upon smoking to control my hunger and eating	1	2	3	4	5	6	7
8.	My life is full of reminders to smoke	1	2	3	4	5	6	7
9.	Smoking helps me feel better in seconds	1	2	3	4	5	6	7
10.	I smoke without deciding to	1	2	3	4	5	6	7
11.	Cigarettes keep me company, like a close friend	1	2	3	4	5	6	7
12.	There are particular sights and smells that trigger strong urges to smoke	1	2	3	4	5	6	7
13.	Smoking helps me stay focused	1	2	3	4	5	6	7
14.	I frequently light cigarettes without thinking about it	1	2	3	4	5	6	7
15.	Most of my daily cigarettes taste good	1	2	3	4	5	6	7
16.	Sometimes I feel like cigarettes rule my life	1	2	3	4	5	6	7
17.	I frequently crave cigarettes	1	2	3	4	5	6	7
18.	Most of the people I spend time with are smokers	1	2	3	4	5	6	7
19.	Weight control is a major reason that I smoke	1	2	3	4	5	6	7
20.	Some of the cigarettes I smoke taste great	1	2	3	4	5	6	7
21.	I'm really hooked on cigarettes	1	2	3	4	5	6	7
22.	Sometimes I feel like cigarettes are my best friends	1	2	3	4	5	6	7
23.	My urges to smoke keep getting stronger if I don't smoke	1	2	3	4	5	6	7
24.	Seeing someone smoke makes me really want a cigarette	1	2	3	4	5	6	7
25.	I find myself reaching for cigarettes without thinking about it	1	2	3	4	5	6	7
26.	I would feel alone without my cigarettes	1	2	3	4	5	6	7
27.	A lot of my friends or family smoke	1	2	3	4	5	6	7
28.	Other smokers would consider me a heavy smoker	1	2	3	4	5	6	7

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		Not true of me at all					Extremely true of me	
29.	When I haven't been able to smoke for a few hours, the craving gets intolerable	1	2	3	4	5	6	7
30.	Most of my friends and acquaintances smoke	1	2	3	4	5	6	7
31.	I smoke within the first 30 min of awakening in the morning	1	2	3	4	5	6	7
32.	Smoking helps me think better	1	2	3	4	5	6	7
33.	Smoking really helps me feel better if I've been feeling down	1	2	3	4	5	6	7
34.	Smoking keeps me from overeating	1	2	3	4	5	6	7
35.	My smoking is out of control	1	2	3	4	5	6	7
36.	I consider myself a heavy smoker	1	2	3	4	5	6	7
37.	Even when I feel good, smoking helps me feel better	1	2	3	4	5	6	7