

## Your Experiences with Cigarette Smoking: Current and Former Smokers (NDSS)

Please read each statement carefully and then circle the number that best describes your experiences with cigarettes. *If you no longer smoke cigarettes, please answer the questions based on when you last smoked cigarettes at least once a week.*

	Not True at All	Somewhat True	Moderately True	Very True	Extremely True
1. My smoking pattern is very irregular throughout the day. It is not unusual for me to smoke many cigarettes in an hour, then not have another until hours later	1	2	3	4	5
2. My smoking is not much affected by other things. I smoke about the same amount whether I'm relaxing or working, happy or sad, alone or with others, etc.	1	2	3	4	5
3. Even if traveling a long distance, I'd rather not travel by airplane because I wouldn't be allowed to smoke	1	2	3	4	5
4. Sometimes I decline offers to visit with my non-smoking friends because I know they'll feel uncomfortable if I smoke	1	2	3	4	5
5. I tend to avoid restaurants that don't allow smoking, even if I would otherwise enjoy the food	1	2	3	4	5
6. I smoke consistently and regularly throughout the day	1	2	3	4	5
7. I smoke at different rates in different situations	1	2	3	4	5
8. Compared to when I first started smoking, I need to smoke a lot more now in order to get what I want out of it	1	2	3	4	5
9. Compared to when I first started smoking, I can smoke much, much more now before I start to feel nauseated or ill	1	2	3	4	5

		Not True at All	Somewhat True	Moderately True	Very True	Extremely True
10.	After not smoking for a while, I need to smoke in order to keep myself from experiencing any discomfort	1	2	3	4	5
11.	It's hard to estimate how many cigarettes I smoke per day because the number often changes	1	2	3	4	5
12.	I feel a sense of control over my smoking. I can "take it or leave it" at any time	1	2	3	4	5
13.	The number of cigarettes I smoke per day is often influenced by other factors—how I'm feeling, what I'm doing, etc.	1	2	3	4	5
14.	When I'm really craving a cigarette, it feels like I'm in the grip of some unknown force that I cannot control	1	2	3	4	5
15.	Since the time when I became a regular smoker, the amount I smoke has either stayed the same or has decreased somewhat	1	2	3	4	5
16.	Whenever I go without a smoke for a few hours, I experience craving	1	2	3	4	5
17.	My cigarette smoking is fairly regular throughout the day	1	2	3	4	5
18.	After not smoking for a while, I need to smoke to relieve feelings of restlessness and irritability	1	2	3	4	5
19.	I smoke about the same amount on weekends as on weekdays	1	2	3	4	5