

**Reasons for Smoking: Current and Former Smokers****(RMSQ)**

If you are a *current* smoker, please answer the following questions based on your usual smoking patterns. If you are a *former* smoker, please answer the questions for the period when you smoked cigarettes.

	<b>Not at all</b>	<b>A little</b>	<b>Quite a bit</b>	<b>Very much so</b>
1. I smoke in order to keep myself from slowing down.	0	1	2	3
2. Handling a cigarette is part of the enjoyment of smoking it.	0	1	2	3
3. I smoke for the pleasure of having something to put in my mouth.	0	1	2	3
4. I want to smoke most when I am comfortable and relaxed.	0	1	2	3
5. Part of the enjoyment of smoking is watching the smoke as I blow it out.	0	1	2	3
6. I smoke more when I am worried about something.	0	1	2	3
7. I smoke to keep from gaining weight.	0	1	2	3
8. I like smoking while I am busy and working hard.	0	1	2	3
9. I smoke for the pleasure of offering and accepting cigarettes from other people.	0	1	2	3
10. When I have run out of cigarettes, I find it almost unbearable until I can get them.	0	1	2	3
11. I smoke automatically without even being aware of it.	0	1	2	3
12. I feel I look more mature and sophisticated when smoking.	0	1	2	3
13. Smoking helps to keep me going when I'm tired.	0	1	2	3
14. I smoke cigarettes to stimulate me, to perk me up.	0	1	2	3
15. Smoking helps me control my appetite.	0	1	2	3
16. Part of the enjoyment of smoking comes from the steps I take to light up.	0	1	2	3
17. One reason I smoke is because it tastes so good.	0	1	2	3

	<b>Not at all</b>	<b>A little</b>	<b>Quite a bit</b>	<b>Very much so</b>
18. After meals is the time I most enjoy smoking.	0	1	2	3
19. Smoking helps me to think and concentrate.	0	1	2	3
20. I am very much aware of the fact when I am not smoking.	0	1	2	3
21. It is easier to talk and get to know other people when smoking.	0	1	2	3
22. I don't get so hungry when I smoke.	0	1	2	3
23. I smoke cigarettes to give me a "lift."	0	1	2	3
24. I light up a cigarette without realizing that I still have one burning in the ashtray.	0	1	2	3
25. Smoking cheers me up.	0	1	2	3
26. I like a cigarette best when I am having a quiet rest.	0	1	2	3
27. While smoking I feel more confident with other people.	0	1	2	3
28. I get a definite lift and feel more alert when smoking.	0	1	2	3
29. Without a cigarette I don't know what to do with my hands.	0	1	2	3
30. I've found a cigarette in my mouth without recalling putting it there.	0	1	2	3
31. I only really enjoy smoking with a drink.	0	1	2	3
32. I smoke much more when I am with other people.	0	1	2	3
33. I smoke because I like the smell so much.	0	1	2	3
34. I usually only smoke when I can really sit back and enjoy it.	0	1	2	3
35. I light up a cigarette when I feel angry about something.	0	1	2	3
36. I find it a pleasure drawing the smoke into my lungs.	0	1	2	3
37. I get a real gnawing hunger to smoke when I haven't smoked for a while.	0	1	2	3
38. I find myself smoking without remembering lighting up.	0	1	2	3
39. Smoking calms me down when I feel tense.	0	1	2	3
40. I smoke more when I am rushed and have lots to do.	0	1	2	3
41. I feel more attractive to the opposite sex when smoking.	0	1	2	3