

Why Do You Smoke?

Take these short tests to understand why you smoke, and better help you quit.

The statements below were made by people to describe what they get out of smoking cigarettes. Your answers to these questions will help you choose the best way to quit.

Circle one number for each statement. You need to answer every question.

How often do you feel this way when you are smoking?		Always	Often	Occasionally	Seldom	Never
A	I smoke cigarettes to keep myself from slowing down.	5	4	3	2	1
B	Handling a cigarette is part of the enjoyment of smoking.	5	4	3	2	1
C	Smoking cigarettes is pleasant and relaxing.	5	4	3	2	1
D	I light up a cigarette when I feel angry.	5	4	3	2	1
E	When I run out of cigarettes, it is almost unbearable until I can get more.	5	4	3	2	1
F	I smoke cigarettes automatically without even being aware of it.	5	4	3	2	1

Continued on next page....

Learn more about your health care.

How often do you feel this way when you are smoking?		Always	Often	Occasionally	Seldom	Never
G	I smoke cigarettes to stimulate me, or perk myself up.	5	4	3	2	1
H	Part of the enjoyment of smoking a cigarette comes from the steps I take to light up a cigarette.	5	4	3	2	1
I	I find cigarettes pleasurable.	5	4	3	2	1
J	When I feel uncomfortable or upset about something, I light a cigarette.	5	4	3	2	1
K	I am very much aware of when I am not smoking a cigarette.	5	4	3	2	1
L	I light up a cigarette while I still have one burning in the ashtray.	5	4	3	2	1
M	I smoke cigarettes to give me a lift.	5	4	3	2	1
N	When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale it.	5	4	3	2	1
O	I want a cigarette most when I am comfortable and relaxed.	5	4	3	2	1
P	When I feel blue or want to forget my worries, I smoke cigarettes.	5	4	3	2	1
Q	I get gnawing hunger for a cigarette when I have not smoked for a while.	5	4	3	2	1
R	I have found a cigarette in my mouth and did not remember putting it there.	5	4	3	2	1

How To Score:

1. Enter the number you have circled for each question in the spaces as shown. For example, put the number you have circled to question A over line A, question B over line B, and so on.
2. Add the three scores on each line to get your totals. For example, the sum of your scores over lines A, G, and M gives your score on Stimulation. The score of Handling is the sum of B, H, and N. Scores can vary from 3 to 15. Any score 11 and above is high; any score 7 and below is low.

_____	+	_____	+	_____	=	_____	Stimulation
A		G		M			
_____	+	_____	+	_____	=	_____	Handling
B		H		N			
_____	+	_____	+	_____	=	_____	Pleasurable Relaxation
C		I		O			
_____	+	_____	+	_____	=	_____	Crutch: Reducing Tension
D		J		P			
_____	+	_____	+	_____	=	_____	Craving: Psychological Addiction
E		K		Q			
_____	+	_____	+	_____	=	_____	Habit
F		L		R			

What Kind of Smoker are You?

This test gives a score on each of six factors that may describe a person's smoking behavior. One or more of these factors may be important to understanding your smoking. The results will help you identify why you smoke. Knowing what kind of satisfaction you think you get from smoking can help you with your plan to quit.

This test measures **six factors** that describe possible feelings and effects from smoking:

The first three factors represent positive feelings people may get from smoking:

1. A sense of increased energy or stimulation
2. Satisfaction of handling or manipulating things
3. Pleasurable feelings and well being
4. The fourth factor is relief from tension or feelings of anxiety, anger, shame that you may get from smoking.
5. The fifth factor is psychological addiction to smoking or "craving" for a cigarette.
6. The sixth factor is habit smoking. This type of smoking is which represents automatic smoking where smoking is part of a routine.

Scoring:

A score of 11 or more on any factor indicates that this factor is an important source of satisfaction for you.

The higher you score (15 is the highest), the more important a particular factor is in your smoking. The discussion of that factor is the most useful in your efforts to quit.

Be Aware:

When you give up smoking, you may have to learn to get along without the satisfaction that smoking gives you. Or you may find a substitute or more acceptable way of getting satisfaction.

You need to know what you get out of smoking before you can decide whether to forego the satisfactions it gives you, or to find another way to get satisfaction.

1. Stimulation**My Score:** _____

If you score high on this factor, you are a smoker who is stimulated by the cigarette. You feel that it helps wake you up, organize your energy, and keeps you going. If you try to give up smoking, you may want a safe substitute to stimulate you. A brisk walk or moderate exercise, for example, may help you whenever you feel the urge to smoke.

2. Handling**My Score:** _____

Handling things can be satisfying, but there are many ways to keep your hands busy without lighting up or playing with a cigarette. Try handling a pen or pencil, try doodling, playing with a coin or a piece of jewelry. Handling a harmless object may help meet this need.

There are plastic cigarettes to play with, or you might even use a real cigarette if you can trust yourself not to light it.

3. Pleasurable Relaxation**My Score:** _____

It is not easy to find out if you use smoking to feel good (pleasure) or to keep from feeling bad (factor 4). About two-thirds of smokers score high on the pleasure factor. About half of those also score as high or higher on smoking to keep from feeling bad or to relieve tension.

For those who smoke mostly for pleasure, thinking about the harmful affects of smoking is often enough to help them quit. The careful use of eating, drinking, social or physical activities can help overcome the loss of smoking. Of course, these substitutions should be done in moderation.

asking yourself, "Do I really want this cigarette?" You may be surprised at how many you do not want.

Summary

If you do not score high on any of the six factors, chances are that you do not smoke very much or have not been smoking for many years. If so, giving up smoking and staying off should be easy.

If you score high on several factors, you get several kinds of satisfaction from smoking. This means you will need to have several solutions. Certain combinations of scores may mean that giving up smoking will be difficult. If you score high on both factor 4 and 5, reducing tension and craving, it may be more difficult for you to quit smoking and stay off cigarettes. However, there are ways to do it. Many people who have this combination of smoking factors have been able to quit.

People who score high on factors 1 and 5 may find it useful to change patterns of smoking and cut down at the same time. Try to smoke fewer cigarettes. Smoke cigarettes only halfway. Try using low-tar and nicotine cigarettes. Try to inhale less often and less deeply. After several months of these changes, you may find it easier to stop completely.

You must make two important decisions:

- 1) Whether to try to do without the satisfactions you get from smoking or find an appropriate, less hazardous substitute.
- 2) Whether to try to cut out cigarettes all at once or taper off. Your scores should guide you in making both of these decisions.

For more Information, or help to quit:

- Kick It Tobacco Cessation Program, (614) 293-6428 or Call the Jamesline toll-free 1-800-293-5066.
 - Ohio Tobacco Quit Line, 800-QUIT-NOW (784-8669) or online at www.ohioquits.com
 - American Cancer Society Quit Line, 1-800-227-2345 or check their website at www.cancer.org
 - American Lung Association Hotline, 1-866-784-8937 or check their website at www.lungusa.org and click on Freedom from Smoking
-
- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**

Adapted from and used with permission: U.S. Department of Health and Human Services, Public Health Service, National Institutes of Health