

SCO

This is answered on a 7 point Likert scale from 1- 'not true of me at all' to 7-'extremely true of me'.

1. The more I smoke, the more I risk my health.
2. Smoking is hazardous to my health.
3. By smoking I risk heart disease and lung cancer.
4. The longer I smoke, the harder it will be to quit.
5. Smoking is taking years off my life.
6. I will probably die earlier if I continue to smoke.
7. Each cigarette I smoke maintains my addiction.
8. I will become more dependent on nicotine if I continue smoking.
9. Smoking makes me seem less attractive.
10. My mouth tastes bad after smoking.
11. Smoking will make me cough.
12. People think less of me if they see me smoking.
13. Smoking irritates my mouth and throat.
14. I look ridiculous while smoking.
15. Cigarettes make my lungs hurt.
16. Cigarettes control me more and more the longer I smoke.
17. I become more addicted the more I smoke
18. My throat burns after smoking.
19. When I smoke, the taste is pleasant.
20. I will enjoy the flavor of a cigarette.
21. Cigarettes are good for dealing boredom

22. Cigarettes taste good
23. If I have nothing to do a smoke can help kill time
24. I enjoy feeling a cigarette on my tongue and lips
25. I really enjoy a cigarette when I'm relaxed and feeling good.
26. I like to watch the smoke from my cigarette
27. I enjoy feeling the smoke hit my mouth and the back of my throat
28. Cigarettes give me something to do with my hands
29. If I'm irritable, a smoke will help me relax
30. I feel more at ease with other people if I have cigarette
31. I enjoy parties more when I am smoking
32. Smoking temporarily reduces those repeated urges for cigarettes
33. When I'm angry a cigarette can calm me down
34. Cigarettes help me deal with anger
35. Cigarettes help me deal with anxiety or worry
36. Smoking reduces my anger.
37. Smoking calms me down when I feel nervous
38. If I'm tense, a cigarette helps me to relax
39. Smoking helps me deal with depression
40. Cigarettes help me reduce or handle tension
41. Cigarettes help me concentrate
42. When I'm upset with someone, a cigarette helps me cope
43. If I'm disappointed in myself, a good smoke can help
44. When I'm sad, smoking makes me feel better

45. Smoking helps me control my weight
46. Smoking keeps my weight down
47. Cigarettes keep me from eating more than I should
48. Smoking controls my appetite
49. Cigarettes keep me from overeating

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