

Brief WISDM

**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
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 minutes 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

Brief WISDM Scoring Instructions

The Brief WISDM consists of a subset of 37 items from the original 68-item Wisconsin Inventory of Smoking Dependence Motives (WISDM; Piper et al. 2004) that was developed at the Center for Tobacco Research and Intervention, University of Wisconsin School of Medicine and Public Health. Please note the following:

- The Behavioral Choice/Melioration subscale in the original 68-item WISDM has been dropped from the Brief WISDM due to lack of support for its predictive validity
- The Negative Reinforcement and the Positive Reinforcement subscales have been merged into a new subscale called Affective Enhancement

As a result, there are 11 subscales in the 37-item Brief WISDM rather than 13 subscales as in the 68-item WISDM. In the table below, scoring procedures for each of the 11 subscales of Brief WISDM are provided. In addition, scoring is provided for the Primary and Secondary Dependence Motives Scales described in Piper, Bolt, Kim, et al. (2008) and for the Total Score. Please note that item numbers refer to the item numbers (1-37) in the Brief WISDM, not the item numbering in the original WISDM.

Please cite the following reference for the Brief WISDM:

Smith, S. S., Piper, M. E., Bolt, D. M., Fiore, M. C., Wetter, D. W., Cinciripini, P. M., & Baker, T. B. (2010). Development of the Brief Wisconsin Inventory of Smoking Dependence Motives. *Nicotine & Tobacco Research*, 12(5), 489-499.

Brief WISDM Subscales	Scoring Procedure
Affiliative Attachment	Mean of: 11, 22, 26
Automaticity	Mean of: 1, 10, 14, 25
Loss of Control	Mean of: 2, 16, 21, 35
Cognitive Enhancement	Mean of: 6, 13, 32
Craving	Mean of: 4, 17, 23, 29
Cue Exposure/Associative Processes	Mean of: 8, 12, 24
Social/Environmental Goals	Mean of: 18, 27, 30
Taste	Mean of: 5, 15, 20
Tolerance	Mean of: 3, 28, 31, 36
Weight Control	Mean of: 7, 19, 34
Affective Enhancement	Mean of: 9, 33, 37
Primary Dependence Motives Scale (PDM)	Mean of: means for Automaticity, Loss of Control, Craving, and Tolerance
Secondary Dependence Motives Scale (SDM)	Mean of: means for Affiliative Attachment, Cognitive Enhancement, Cue Exposure/Associative Processes, Social/Environmental Goals, Taste, Weight Control, and Affective Enhancement
Total Score	Sum of: means for the 11 subscales (do not include the PDM or SDM scales)

Piper, M. E., Piasecki, T. M., Federman, E. B., Bolt, D. M., Smith, S. S., Fiore, M. C., & Baker, T. B. (2004). A multiple motives approach to tobacco dependence: The Wisconsin Inventory of Smoking Dependence Motives (WISDM-68). *Journal of Consulting and Clinical Psychology*, 72, 139-154.

Piper, M. E., Bolt, D. M., Kim, S., Japuntich, S. J., Smith, S. S., Niederdeppe, J., Cannon, D. S., Baker, T. B. (2008). Refining the tobacco dependence phenotype using the Wisconsin Inventory of Smoking Dependence Motives. *Journal of Abnormal Psychology*, 117, 747-761.

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