

## Smoking History

Name: \_\_\_\_\_ Sex:  Male  Female Date: \_\_\_\_\_

1. How soon after you wake up do you smoke your first cigarette?

- Within 5 minutes                       6-30 minutes                       more than 30 minutes

2. Which of the following statements best describes you interest in quitting:

- I wish to quit now.  
 I want to quit smoking soon, but not right away.  
 I want to continue smoking but have thought about quitting.  
 I want to continue to smoke and have no interest in quitting.  
 Other: \_\_\_\_\_

3. How many serious attempts (one day or more) have you made at quitting smoking in the past year?

- 0     1     2     3     4     5     6 or more

4. How much pressure do you get from family members or close friends to stop smoking?

- No pressure                       Lots of pressure

5. Do you worry that you smoke more than is safe?

- Not at all                       Sometimes                       Most of the time

6. Have you tried quitting in the last six months?  Yes     No

7. What method(s) have you used to help you stop smoking in the past? (Check all that apply)

- Cold Turkey                       Nicotine patch                       Nicotine gum  
 Hypnosis                       Acupuncture                       Group stop smoking clinic/program  
 Other: \_\_\_\_\_

8. How many years have you been smoking?

- Less than 5                       5 to 10                       11 to 15                       16 to 20                       More than 20

9. Which of the following would keep you from succeeding in stopping smoking? (check all that apply)

- Little support from family or friends                       Cravings to smoke are too intense  
 Fear of weight gain                       No will power  
 Fear of failure                       Too much stress  
 Other: \_\_\_\_\_

10. In an average day, how many cigarettes do you usually smoke?

- Less than half a pack                       Half to 1 pack                       1 to 2 packs                       16 to 20                       More than 3 packs