

How to Administer and Score the Smoking Confidence Questionnaire: For the Healthcare Professional

Once a person has made a commitment not to smoke, use this tool to assess how confident a person is to not smoke in the 14 situations on the questionnaire. Ask the person to look at each situation and score as follows: If you are absolutely certain that you would not smoke in a certain situation, mark 90 or 100%. If you think your chances of being able to resist the urge to smoke are low, give yourself a low number. If you aren't sure, simply select the best percentage number that you think relates to your confidence level now.

Patients who score 70% confidence on a situation are likely to be able to resist the urge to smoke. If scores are less than 70%, individuals should make a plan by selecting at least two coping strategies to help them if they encounter a high-risk situation. Example: Confidence is 30% for smoking after a meal—Coping strategy: Leave the table immediately after finishing the meal; call a friend to speak on the telephone; use self-talk by stating “I don't need that cigarette now. I can go do something else.”

You can read the instructions to your patient and then administer the questionnaire yourself or give the questionnaire to the patient to fill in. The patient can fill in the questionnaire immediately or take it home and bring it back at a subsequent visit.