

# Smoking Confidence Questionnaire

How confident are you that you can resist the urge to smoke in the 14 situations below?										
Not at all Confident		Slightly Confident			Fairly Confident			Very Confident		
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
1	When you feel bored or depressed									<input type="text"/>
2	When you see others smoking									<input type="text"/>
3	When you want to relax or rest									<input type="text"/>
4	When you just want to sit back and enjoy a cigarette									<input type="text"/>
5	When you are watching TV									<input type="text"/>
6	When you are driving or riding in a car									<input type="text"/>
7	When you have finished a meal or snack									<input type="text"/>
8	When you feel frustrated, worried, upset, tense, nervous, angry, anxious or annoyed									<input type="text"/>
9	When you want a snack, but don't want to gain weight									<input type="text"/>
10	When you need more energy or can't concentrate									<input type="text"/>
11	When someone offers you a cigarette									<input type="text"/>
12	When you are drinking coffee or tea									<input type="text"/>
13	When you are in a situation where alcohol is involved									<input type="text"/>
14	When you feel smoking is part of your self-image									<input type="text"/>

Adapted with permission from The Board of Trustees of Leland Stanford Junior University (1996). All rights reserved.