TOBACCO OPINIONS AND PRACTICES SURVEY Changes from High School to Adulthood

We will use the information you provide to help find new ways to prevent cancer. Please give your accurate and honest answers, whatever they may be.

Thank you for your help!

1.	Today's Date:			
	Month	Day	Year	
2.	How much have your attituschool and now? Not at all	2a. Is there	_	o say about how your
3.	Not at allLess than once a month. Once a month or more, book of the once a week or more, but At least daily	out less than c		
4.	When was the last time yo I have never smoked, or a Over 6 years ago Over 3 years ago Over 12 months ago Between 6 months and 1 Between 3 months and 6 Between 1 month and 3 8 – 30 days ago 1 – 7 days ago Earlier today	even tried, a c 2 months ago months ago	garette	





5.	How many cigarettes have you smoked in your entire life?
	None, not even a puff
	21 – 100 cigarettes (2 – 5 packs)
	Now about your smoking or non-smoking in the last 6 years
Ó.	In the last 6 years, have you smoked <i>at all</i> , <u>even a puff</u> ? (check ✓ one box)
	No. I have <u>not smoked at all</u> in the last 6 years. Yes. I have smoked one or more cigarettes.
,	
7.	In the last 6 years, did you ever try to quit smoking entirely?
	No. I never tried to quit smoking entirely in the last 6 years. ☐— Go to #10 →
	Yes. I tried to quit smoking entirely at least once in the last 6 years.
3.	What helped you try to stop smoking?
, .	check ✓ all that apply
	☐ Brochure or book:
	☐ Telephone counseling. From what organization:
	☐ Web or social networking site (Facebook, MySpace, etc.):
	 Boyfriend, girlfriend, spouse, or partner
	☐ Nicotine patch, gum, etc.
	Chantix, Zyban, etc.
	TV or radio ads. Describe:
	Friend
	Family members. What relationship(s):
	Pregnancy or parenthood
	Price went up
	Rules against smoking
	My doctor or personal health concernsJust decided on my own
	Other:

9.	What	did you do to get ready before you tried to stop smoking?
	che	eck √ <u>all</u> that apply
		Made a list of my reasons to stop Figured out my "high risk" situations and how to keep from smoking Threw away all my cigarettes Told friends/family I was stopping Made a plan for stopping Set a date to stop Got a friend to stop with me Quit drinking caffeine or alcohol Washed my clothes/room/car to get rid of smoke smell Got substitutes for cigarettes — gum, cinnamon sticks, straws, etc. Planned ways to overcome cravings Planned ways to reward myself for stopping Asked people not to smoke around me
No	w abo	out your smoking or non-smoking in the last 12 months
10.		last 12 months, have you smoked at all, even a puff? < ✓ one box)
		. I have not smoked <u>at all</u> in the last 12 months. Go to #18 on page 5 . I have smoked one or more cigarettes.
↓ 11.	No	last 12 months, did you ever try to quit smoking entirely? I never tried to quit entirely in the last 12 months. Go to #14 on page 4 on page 4 on page 4.
12.		how many times in the last 12 months did you try to quit smoking entirely? times (Your best estimate is fine.)



13.	In the last 12 months, what was the longest period of time you went without smoking (even a puff)?
	Less than 24 hours
	24 hours
	2 – 7 days
	Between 1 month and 3 months
	Between 3 months and 6 months
	6 months or more
14.	In the last 12 months, was it ever very <i>important</i> to you to quit smoking entirely?
• ••	No
	Yes □
	Don't know □
15.	In the last 12 months, were you ever very confident that you could quit smoking entirely for at least 6 months?
	No 🗖
	Yes
	Don't know □
16.	In the last 12 months, did you ever make plans and/or set a date to quit smoking entirely?
	No. I never even thought about quitting \square
	No. I tried to stop, but never made plans or set a date to quit smoking
	Yes. I made plans or set a date to quit smoking
17.	Do you consider yourself to be a smoker?
	No 🗖
	Yes
	Comment:



Now, we're interested in your history of smoking and quitting...

18.	expe help	Think backwards from 2012 to your junior year of high school. For each smoking experience below, tell us whether it occurred for you at any time in each year. (It may help your memory to write important events under the year that they occurred, such as marriage, job change, college graduation, etc.)									
	(a)	Was there a time between your junior year and 2012 that you smoked cigarettes every day?									
 No □											
		Yes — Check the years below when, for at least part of the year, you smoked cigarettes every day. (Your best estimate is fine.)									
		2012 🗖	2011 🗖	2010 🗆	2009 🗖	2008 🗖	2007 🗖	2006 🗆	2005 🗆	2004 🗖	
	(b)	occasion	nally, but — Go to (— Check	not every (c) below. the years	day? below wh	en, for at	least part	that you	ar, you sn		
		2012 🗖	2011 🗖	2010 🗖	2009 🗖	2008 🗖	2007 🗖	2006 🗖	2005 🗖	2004 🗖	
	(c) Was there a time between your junior year and 2012 that you did <u>not</u> smoke cigarettes at all for at least 6 months? No — Go to #19 on page 6. Yes — Check the years below when you did <u>not</u> smoke cigarettes at all for at least 6 months. (Your best estimate is fine.)										
	L	2012 🗖	2011 🗖	2010 🗆	2009 🗖	2008 🗖	2007 🗆	2006 🗆	2005 🗆	2004 🗆	



QUESTIONS FOR EVERYONE.

How acceptable do you think it is for adults your age to smoke cigarettes?
Not at all acceptable
How often are you around people who smoke cigarettes?
A lot
Is cigarette smoking allowed inside the place where you currently live?
No
Yes
Is cigarette smoking allowed inside the place where you currently work?
No
Yes□ Not applicable□
How many of your <u>five closest friends</u> smoke cigarettes?
None□ One□
Two
Three
Five
Does your current spouse/romantic partner smoke cigarettes?
□ No, never
□ No, not since/
(approximate Month/Year) ☐ Yes, but not every day
Yes, daily
☐ I have no current spouse/romantic partner



Now, about your smoking or non-smoking in the last 30 days...

25.	Think about the last 30 days. On how many of the last 30 days have you smol	ked one
	or more cigarettes?	

Every day)
20 – 29 days □	
10 – 19 days□	Continue with the next question, #26
5 − 9 days	Continue with the next question, "20
2 – 4 days □	
1 day)
0 days	—Go to #43 on page 13——→

26. On average, on the days that you smoked in the past 30 days, how many cigarettes per day did you smoke?

____ cigarettes per day

- 27. On the days that you smoke cigarettes, how soon <u>after waking up</u> do you <u>smoke</u> your first cigarette of the day?
 - 0 5 minutes after waking up

More than 60 minutes after waking up□

28. Which of the following statements describe situations where you typically smoke?

check \sqrt{all} that apply

- ☐ While socializing with friends
- ☐ At parties
- At clubs or bars
- While working or studying
- ☐ When taking a break at work or school
- ☐ Inside your home or apartment
- ☐ Outside in public spaces
- Driving in your car



29. Below is a list of statements about smoking. Please tell us what you expect or believe happens for you as a result of smoking cigarettes. For each statement, check the choice that best describes your expectation of how often it might happen for you.

I believe / expect that...

a.	Smoking satisfies my nicotine cravings.	Never □	Rarely □	Sometimes □	Often □	Always □
b.	I enjoy the flavor of a cigarette.	Never □	Rarely □	Sometimes □	Often □	Always □
c.	Smoking a cigarette energizes me.	Never □	Rarely □	Sometimes □	Often □	Always □
d.	Smoking keeps my weight down.	Never □	Rarely □	Sometimes □	Often □	Always □
e.	When I am alone, a cigarette helps me pass the time.	Never □	Rarely 🗆	Sometimes □	Often □	Always □
f.	Nicotine "fits" can be controlled by smoking.	Never □	Rarely □	Sometimes □	Often □	Always □
g.	When I smoke, the taste is pleasant.	Never □	Rarely □	Sometimes □	Often □	Always □
h.	A cigarette gives me energy when I'm bored and tired.	Never □	Rarely □	Sometimes □	Often □	Always □
i.	Smoking helps control my weight.	Never □	Rarely □	Sometimes □	Often □	Always □
j.	If I have nothing to do, a cigarette helps me kill time.	Never □	Rarely □	Sometimes □	Often □	Always □
k.	I enjoy the taste sensations while smoking.	Never □	Rarely 🗆	Sometimes □	Often □	Always □
l.	Cigarettes keep me from eating more than I should.	Never □	Rarely □	Sometimes □	Often □	Always □



30.	People who smoke (even once in a while) can be at <u>different levels</u> of thinking about quitting for good.				
	Please check the one statement that indicates where you are now. I am not thinking of quitting. □ I think I need to consider quitting someday. □ I think I should quit, but I'm not quite ready. □ I'm starting to think about how to change my smoking patterns. □ I'm taking action now to quit smoking (for example, cutting down, using the "patch"). □				
31.	Would you cut down or quit smoking entirely if you knew an easy way to do so?				
	No, I wouldn't cut down or quit, even if I knew an easy way				
32.	If you wanted to quit smoking entirely, would you know how to do it?				
	No				
33.	Do you think that if you put your mind to it, you could quit smoking entirely?				
	No				
34.	If you were to try to quit smoking, how confident are you that you could keep from smoking entirely for at least 6 months? Not at all confident				



35.	How important is it for you to quit smoking entirely? Not at all important
36.	No
37.	Do you think your family, friends or co-workers would provide help or support if you tried to quit smoking entirely? No
38.	No Yes Don't know Don't know
39.	Do you like the idea of being someone who smokes? No□ Yes□ Don't know□
40.	Do you think your smoking could get in the way of important future goals? No



41. For each statement below, tell us how strongly you agree or disagree that it will happen for you personally as a result of stopping smoking entirely.

check ✓ one box for each statement

If I quit smoking completely, then	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. I will be nervous and unbalanced.					
b. I will feel healthier.					
c. I will have more money to spend on other things.					
d. I will have more energy.					
e. I will be less likely to get sick.					
f. I will simply feel better physically.					
g. I will have a harder time unwinding.					
h. Others will admire my will power.					
i. I will simply feel better emotionally.					
j. I will gain weight.					
k. I will feel grumpy.					
I. I will be a good role model (e.g., for my partner or children).		П	О		
m. I will be more attractive to others (whiter teeth, clothes smell better).		_	П	_	



42. How much do you agree or disagree with the following statements? check ✓ one box for each statement.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
 a. I'm willing to put up with whatever discomfort I have to in order to quit smoking. 	О	_	О	_	_
b. Once I quit, no matter how difficult it may be, I won't let myself smoke.	П	0	П	0	0
c. Feeling very anxious or restless won't prevent me from quitting smoking.	П	_	П	_	О
d. Once I quit, even if I really want one, I won't let myself pick up a cigarette.		_		_	
e. No matter how much I crave a cigarette when I quit, I'm going to resist the urge to smoke.	П	_	П	_	
f. Feeling very depressed or sad won't prevent me from quitting smoking.	П	П	П	П	
g. I'm not going to let anything get in the way of my quitting smoking.	О	О	О	_	О
h. Feeling very angry and irritable won't prevent me from quitting smoking.	О	_	О	0	0

 \rightarrow Next \longrightarrow Go to $\frac{\#47}{}$ on page 14 \longrightarrow

(please skip #43 through #46)

For people who have <u>not smoked at all</u> in the last thirty days:

43.	What are your reasons for not smoking?
	check √ <u>all</u> your reasons for not smoking
	Most of the people I'm around don't smoke. want to avoid getting a serious illness or disease. want to prove to myself that I can quit smoking if I really want to. Smoking hurts my appearance and smells bad. Family or friends would hassle me about it. want to feel in control of my life. I know people who died from smoking-related diseases. Not smoking proves I can accomplish things that are important to me. People I am close to would be upset with me if I smoke. I don't want to smoke because I'm a parent or plan to be one. want to avoid addiction to cigarettes. I refuse to support the tobacco industry. I haven't been around the people I usually smoke with. Cigarettes are too expensive. I haven't been to a party in the last 30 days. I've been sick or had allergies and didn't feel like smoking. I never even thought about smoking. I quit or am trying to quit.
	Other:
44.	How important is it for you to be a non-smoker for the rest of your life? Not at all important
45.	How confident are you that you will be a non-smoker for the rest of your life? Not at all confident
46.	How committed are you to being a non-smoker for the rest of your life?
	Not at all committed



Questions for everyone.

47.	When was the last time you smoked, or even tried, a cigarette?
	Approximate date of last cigarette://
	I have <u>never</u> smoked, or even tried, a cigarette
	xt, we're interested in how much you agree or disagree with these tements.
48.	Smoking can help people relax.
	Strongly agree
49.	Most people smoke.
	Strongly agree



Read each sentence, and then choose the answer that best describes you.

50.	I am confident that I can resist smoking in stressful situations.
	Just like me
51.	I am able to refrain from smoking even when I'm with others who are smoking.
	Just like me
52 .	I think about how my actions will affect others.
	Just like me
53.	I know how to keep from smoking in social situations (like parties) where I might feel tempted to smoke.
	Just like me
54.	I am financially independent of my parents.
	Just like me



55 .	I know how to manage stress without smoking.
	Just like me
	Somewhat like me
	Not like me
56.	When I make a decision that turns out poorly, I take full responsibility.
	Just like me
	Somewhat like me
	Not like me
57 .	I am confident that I can resist smoking in social situations.
	Just like me
	Somewhat like me
	Only a little like me
58.	I make independent decisions about things that concern my life.
	Just like me
	Somewhat like me
	Only a little like me
	The like me
59	How many of the people living in your residence, including yourself, smoke cigarettes?
• ,	now many or the people nying in your residence, mendaning yourself, emoke engarettes.
60.	What is your current marital status?
	check √ the one that best describes your <u>current</u> situation
	☐ Currently married
	□ Separated
	☐ Divorced ☐ Widowed
	□ Widowed □ Never married
	Other/comments:

61. How often do you currently smoke or use:

•	•				
	Not at all	Less than once a month	Once a month or more, but not once a week	Once a week or more, but not daily	At least daily
a. chewing tobacco or snuff?					
b. snus (Camel Snus, Taboka, Marlboro Snus, etc.)?					
c. cigarillos or little cigars (Black and Mild, Swisher Sweets, Winchester, etc.)?	_	_	0	_	_
d. full-size cigars (Dutch Masters, etc.)?					
e. tobacco pipes?					
f. clove cigarettes or bidis?					
g. nicotine-replacement products (gum, patch, etc.)?	_		_		
h. electronic cigarettes (Njoy, Blu, Ruyan, etc.)?					
i. other tobacco products (other than cigarettes)?					
Plages specify which other		aluata.			

Just a few more questions....

62.	To confirm that you are the	person who	took part in	this study prev	iously, please
	provide your date of birth:		/	/	
		Month	Day	Year	



63.	Are yo	ou currently
	che	eck √ <u>all</u> that apply
		in the military?
		working?
		attending vocational school?
		attending college?
		staying home to raise a family?
		unemployed or looking for work?
		Other:
64	Δre vo	ou raising any children in your household (who live with you at least part-time)?
U -1.	•	No
		Yes. What are their ages?,,,,,
		ies. What are their ages:,,,,,,
65.	What	is the highest level of high school education that you have completed?
	che	eck ✓ <u>one</u> box
		Completed 10th grade (or less)
		Completed 11th grade
		Started 12th grade, but did not graduate
		Graduated from high school
		Received GED
66.	What	is the highest level of post-high school education that you have completed?
		eck √ <u>one</u> box
		No post-high school education or training
		Less than 1 year of college
		1 or more years of college, no college degree
		Associate's degree
		Bachelor's degree
		Master's degree
		Ph.D., M.D., or J.D.
		Completed vocational/technical/career program:
		Completed other post-high school training:
67.	Are yo	ou of Hispanic or Latino origin?
		No No
		Yes



68.	Which one or more of the following would you say is your race?
	check √ <u>all</u> that apply
	 American Indian or Alaska native Asian Black or African American Native Hawaiian or other Pacific Islander White Other:
Fin	ally, we'd like your feedback on the survey
69.	Are you (the person filling out this survey) the study participant named in the letter that came with this survey?
	□ No Comment:
70.	Was this survey interesting to you?
	Not at all interesting
71.	About how long did it take you to complete the survey?
	20 minutes or less
72 .	Did you give accurate answers to the survey questions?
	I answered <u>some</u> of the questions as accurately as I could
	72a. If you chose "some," "most" or "other" above, please give details, or say which answers were not accurate.



3.	Is	there anything you'd like to say about the survey questions?
7 4.	ls	there anything you'd like to say about your smoking or non-smoking?
5.	Ar	ny final comments?

That's it! You have completed your TOPS SURVEY

Your input may help us find new ways to prevent cancer.

THANK YOU SO MUCH!

NOW, PLEASE PUT IT IN THE ENVELOPE AND MAIL IT BACK TO US.

