

## RAND Smoking Assessment Toolkit

### COPING EXPECTANCIES item bank contents and properties

	All Smokers	Daily Smokers	Nondaily Smokers
Number of items	11	15	18
Population Mean (SD)	48.8 (10.3)	50 (10)	44.6 (10.2)
Marginal reliability			
full bank	.95	.96	.97
SF (4 items)	.85	.85	.86
CAT (average # items)	.93 (4.8)	.91 (4.3)	.91 (3.7)

item	scale	bank	SF
I rely on smoking to deal with stress.	Q	ALL/D/ND	X
When I'm angry, a cigarette can calm me down.	F	ALL/D/ND	X
Smoking allows me to take a break from my problems for a few minutes.	Q	ALL/D/ND	X
I am tempted to smoke when I feel depressed.	F	ALL/D/ND	X
When I'm upset with someone, a cigarette helps me cope.	Q	ALL/D/ND	
Smoking helps me when I'm upset about something.	F	ALL/D/ND	
Smoking helps me reduce tension.	Q	ALL/D/ND	
When I am worrying about something, a cigarette is helpful.	F	ALL/D/ND	
Smoking helps me deal with anxiety.	Q	ALL/D/ND	
Smoking calms me down.	Q	ALL/D/ND	
I am tempted to smoke when I am anxious.	F	ALL/D/ND	
When I go too long without a cigarette I lose my temper more easily.	F	D/ND	
If I quit smoking I would be more likely to feel depressed.	Q	D only	
If I quit smoking I will be less able to concentrate.	Q	D only	
If I'm feeling irritable, a cigarette will help me relax.	Q	D only	
Smoking keeps me from overeating.	Q	ND only	
I am tempted to smoke when I have arguments or conflicts with others.	F	ND only	
I am tempted to smoke when I am stressed.	F	ND only	
I am tempted to smoke when I experience an emotional crisis.	F	ND only	
I am tempted to smoke when I feel nervous.	F	ND only	
When I feel stressed I want a cigarette.	F	ND only	

response options: 0 1 2 3 4

Quantity (Q): Not at all; A little bit; Somewhat; Quite a bit; Very much

Frequency (F): Never; Rarely; Sometimes; Often; Always

ALL= All Smokers; D=Daily; ND=Non-Daily

X indicates inclusion in short form