

RAND Smoking Assessment Toolkit

EMOTIONAL AND SENSORY EXPECTANCIES item bank contents and properties

	ALL	D	ND		
Number of items	15	16	17		
Population Mean (SD)	49.3 (10.2)	50 (10)	46.6 (10.4)		
Marginal reliability					
full bank	.95	.95	.95		
SF (6 items)	.86	.86	.86		
CAT (average # items)	.91 (7.6)	.90 (7.5)	.91 (7.6)		

item	scale	bank	SF
I feel better after smoking a cigarette.	Q	ALL/D/ND	X
Smoking stimulates me.	Q	ALL/D/ND	X
Smoking helps me concentrate.	Q	ALL/D/ND	X
When I stop what I'm doing to have a cigarette it feels like 'my time'.	Q	ALL/D/ND	X
I love the feel of inhaling the smoke into my mouth.	Q	ALL/D/ND	X
Smoking is relaxing.	Q	ALL/D/ND	X
Smoking makes me feel content.	Q	ALL/D/ND	
Even when I feel good, smoking helps me feel better.	F	ALL/D/ND	
Smoking is the fastest way to reward myself.	Q	ALL/D/ND	
Smoking makes me less depressed.	Q	ALL/D/ND	
I smoke because it is self-satisfying.	Q	ALL/D/ND	
I like the way a cigarette makes me feel physically.	Q	ALL/D/ND	
I smoke because smoking feels good.	Q	ALL/D/ND	
I enjoy the sensations of a long, slow exhalation of smoke.	Q	ALL/D/ND	
I smoke to get a sense of pleasure.	Q	ALL/D/ND	
I enjoy the steps I take to light up a cigarette.	Q	D only	
I enjoy the smell of a cigarette when I pull it out of the pack.	Q	ND only	
When I'm alone, a cigarette can help me pass the time.	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