

RAND Smoking Assessment Toolkit

HEALTH EXPECTANCIES item bank contents and properties

| | ALL | D | ND |
|-----------------------|-------------|-----------|-----------|
| Number of items | 12 | 19 | 18 |
| Population Mean (SD) | 49.5 (10.1) | 50 (10) | 47.5 (10) |
| Marginal reliability | | | |
| full bank | .93 | .96 | .95 |
| SF (6 items) | .87 | .87 | .87 |
| CAT (average # items) | .91 (6.3) | .91 (5.3) | .90 (6.0) |

| item | scale | bank | SF |
|--|-------|----------|----|
| Smoking is taking years off my life. | Q | ALL/D/ND | X |
| Smoking makes me worry about getting heart troubles. | Q | ALL/D/ND | X |
| Smoking causes me to get tired easily. | Q | ALL/D/ND | X |
| Smoking makes me short of breath. | Q | ALL/D/ND | X |
| Smoking irritates my mouth and throat. | Q | ALL/D/ND | X |
| I worry that smoking will lower my quality of life. | Q | ALL/D/ND | X |
| Smoking makes me worry about getting emphysema. | Q | ALL/D/ND | |
| Smoking makes my lungs hurt. | Q | ALL/D/ND | |
| Smoking causes damage to my gums and teeth. | Q | ALL/D/ND | |
| It takes me longer to recover from a cold because I smoke. | Q | ALL/D/ND | |
| If I quit smoking I will feel more energetic. | Q | ALL/D/ND | |
| If I quit smoking I will breathe easier. | Q | ALL/D/ND | |
| Smoking leaves an unpleasant taste in my mouth. | Q | D/ND | |
| Smoking is hazardous to my health. | Q | D only | |
| Smoking makes me worry about getting cancer. | Q | D only | |
| Smoking gives me a headache. | Q | D only | |
| If I quit smoking I will live longer. | Q | D only | |
| If I quit smoking I will get instant health benefits. | Q | D only | |
| If I quit smoking I will be healthier. | Q | D only | |
| Smoking makes me worry about getting high blood pressure. | Q | ND only | |
| Smoking makes me feel weaker physically. | Q | ND only | |
| Smoking makes it harder for me to exercise or play sports. | Q | ND only | |
| Smoking gives me a morning cough. | Q | ND only | |
| Smoking leaves a stain on my fingers. | Q | 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