2009

An investigation on the effects of a visuospatial imagery task on smoking related craving

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Appendix A

Please state the degree to which you are currently experiencing the following states of mood by circling the appropriate numbers:

I crave a cigarette right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

Even if it were possible, I probably wouldn’t smoke now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I am not missing smoking right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I would enjoy a cigarette right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

If I had a lit cigarette in my hand I probably wouldn’t smoke it
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

Right now I am making plans to smoke
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I have no desire for a cigarette right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

A cigarette would not taste good right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I will smoke as soon as I get the chance
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

A cigarette would be very satisfying right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

If I were offered a cigarette, I would smoke it immediately
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I have an urge for a cigarette
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I don’t want to smoke right now
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

Smoking a cigarette would not be pleasant
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree

I am going to smoke as soon as possible
   Strongly disagree 1 2 3 4 5 6 7 8 9 Strongly agree
Please state the degree to which you are currently experiencing the following states of mood by circling the appropriate numbers:

<table>
<thead>
<tr>
<th>Mood</th>
<th>Not at all</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gloomy</td>
<td>1 2 3 4 5 6 7 8 9</td>
<td>1 2 3 4 5 6 7 8 9</td>
</tr>
<tr>
<td>Glad</td>
<td>1 2 3 4 5 6 7 8 9</td>
<td>1 2 3 4 5 6 7 8 9</td>
</tr>
<tr>
<td>Angry</td>
<td>1 2 3 4 5 6 7 8 9</td>
<td>1 2 3 4 5 6 7 8 9</td>
</tr>
</tbody>
</table>
Please tick the box of the appropriate answer:

1. How many cigarettes a day do you smoke?
   [ ] 1: 10 or less
   [ ] 2: 11 - 15
   [ ] 3: 16 - 20
   [ ] 4: 21 - 25
   [ ] 5: 26 or more

2. How long have you been a smoker?
   [ ] 1: Less than 1 year
   [ ] 2: 1 - 2 years
   [ ] 3: 2 - 5 years
   [ ] 4: 5 - 10 years
   [ ] 5: More than 10 years

3. How deeply do you inhale?
   [ ] 1: I do not inhale
   [ ] 2: Slightly
   [ ] 3: Moderately
   [ ] 4: Deeply
   [ ] 5: Very Deeply

4. How often do you smoke more in the morning than the rest of the day?
   [ ] 1: Never
   [ ] 2: Occasionally
   [ ] 3: About half the time
   [ ] 4: Most of the time
   [ ] 5: Always

5. How often do you smoke your first cigarette within 30 minutes of waking?
   [ ] 1: Never
   [ ] 2: Occasionally
   [ ] 3: About half the time
   [ ] 4: Most of the time
   [ ] 5: Always
6. How difficult would it be for you to give up your usual first cigarette of the day?

[ ] 1: Not difficult
[ ] 2: A little difficult
[ ] 3: Somewhat difficult
[ ] 4: Difficult
[ ] 5: Extremely difficult

7. How difficult do you find it to refrain from smoking in places where it is forbidden?

[ ] 1: Not difficult
[ ] 2: A little difficult
[ ] 3: Somewhat difficult
[ ] 4: Difficult
[ ] 5: Extremely difficult

8. How often do you smoke when you are sick with a cold, the flu, or are so ill that you are in bed most of the day?

[ ] 1: Never
[ ] 2: Occasionally
[ ] 3: About half the time
[ ] 4: Most of the time
[ ] 5: Always

9. On average, about how much of each cigarette do you smoke?

[ ] 1: Less than half
[ ] 2: Half
[ ] 3: Two thirds
[ ] 4: Three quarters
[ ] 5: All

10. On average, how often do you inhale?

[ ] 1: Never
[ ] 2: Occasionally
[ ] 3: About half the time
[ ] 4: Most of the time
[ ] 5: Always
11. On average, how often do you hold cigarette smoke in your lungs for a moment or two before exhaling?

[ ] 1: Never
[ ] 2: Occasionally
[ ] 3: About half the time
[ ] 4: Most of the time
[ ] 5: Always

12. Have you ever tried to quit smoking?

[ ] 1: Never
[ ] 2: Once or twice
[ ] 3: A Few Times
[ ] 4: Several Times
[ ] 5: Frequently

13. Are you trying to cut down the amount that you smoke?

[ ] 1: No
[ ] 2: A little
[ ] 3: By half
[ ] 4: Most but not completely
[ ] 5: Completely