2009

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

Flatau, M.C.

http://hdl.handle.net/10026.1/13854

The Plymouth Student Scientist
University of Plymouth

All content in PEARL is protected by copyright law. Author manuscripts are made available in accordance with publisher policies. Please cite only the published version using the details provided on the item record or document. In the absence of an open licence (e.g. Creative Commons), permissions for further reuse of content should be sought from the publisher or author.
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>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>Very much</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gloomy</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>Very much</td>
</tr>
<tr>
<td>Glad</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>Very much</td>
</tr>
<tr>
<td>Angry</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>Very much</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 your smoke?**

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