

## Motivation to stop smoking

*This next set of questions tells us about your motivation to stop smoking.*

---

1. How important is it to you to give up smoking altogether at this attempt? <i>(Circle one response)</i>	Desperately important	4
	Very important	3
	Quite important	2
	Not all that important	1
2. How determined are you to give up smoking at this attempt? <i>(Circle one response)</i>	Extremely determined	4
	Very determined	3
	Quite determined	2
	Not all that determined	1
3. Why do you want to give up smoking? <i>(Circle the most important reason)</i>	Because my health is already suffering	5
	Because I am worried about my future health	4
	Because smoking costs too much	3
	Because other people are pressurising me to	2
	For my family's health	1
4. How high would you rate your chances of giving up smoking for good at this attempt? <i>(Circle one response)</i>	Extremely high	6
	Very high	5
	Quite high	4
	Not very high	3
	Low	2
Very low	1	

---