

Social support

The next set of questions asks about how supported you have felt in your attempt to stop smoking this week. For each statement below please circle the number that corresponds to your experience. Please circle one number in each row.

Over the last week, how often did someone you know:

	Never	Almost never	Some-times	Fairly often	Very often
Tell you to stick at it	0	1	2	3	4
Comment on your lack of will power	0	1	2	3	4
Celebrate your quitting with you	0	1	2	3	4
Leave their cigarettes where you can reach them	0	1	2	3	4
Express doubt about your ability to quit/stay quit	0	1	2	3	4
Help you think of substitutes for smoking	0	1	2	3	4
Help to calm you down when you were feeling stressed or irritable	0	1	2	3	4
Criticise any weight gain	0	1	2	3	4
Comment that smoking is a dirty habit	0	1	2	3	4
Smoke a cigarette in front of you	0	1	2	3	4
Talk you out of smoking a cigarette	0	1	2	3	4
Help you use substitutes for cigarettes	0	1	2	3	4
Compliment you on not smoking	0	1	2	3	4
Offer you a cigarette	0	1	2	3	4
Express pleasure at your efforts to quit	0	1	2	3	4
Participate in an activity that helped keep you from smoking	0	1	2	3	4
Express confidence in your ability to quit/stay quit	0	1	2	3	4
Congratulate you for your decision to quit smoking	0	1	2	3	4
Mention being bothered by smoke	0	1	2	3	4

Overall, thinking about your attempt to stop smoking over the last week;

	Not at all	Somewhat	Moderately	Very	Extremely	Not applicable
How well supported do you feel you've been by your partner?	1	2	3	4	5	9
How well supported do you feel you've been by your friends?	1	2	3	4	5	9
How well supported do you feel you've been by colleagues?	1	2	3	4	5	9
How well supported do you feel you've been by the group?	1	2	3	4	5	9

To what extent do you feel that someone is relying on you to stop smoking this time? <i>(Circle one response)</i>	Extremely	5
	Very much	4
	Moderately	3
	Somewhat	2
	Not at all	1

To what extent do you feel you have someone to turn to if you find stopping smoking difficult this time? <i>(Circle one response)</i>	Extremely	5
	Very much	4
	Moderately	3
	Somewhat	2
	Not at all	1

To what extent do you feel you are competing with someone else in your attempt to stop smoking this time? <i>(Circle one response)</i>	Extremely	5
	Very much	4
	Moderately	3
	Somewhat	2
	Not at all	1