

The Smoker's Profile (Why Test)

Purpose : The Smoker's Profile scores the intensity of seven reasons why people smoke cigarettes. It provides useful insight into the individual's smoking addiction, and direction for personalised intervention.

Admin time : 5-10 min

User Friendly : High

Administered by : GP or nurse

Content : Questions pertaining to reasons for smoking

Author : Adapted by CGA Toolkit Plus from : Quit Smoking Guide. American Academy of Family Physicians. Help Your Patients Quit Tobacco Now, Nov.2 2018. p.2 Getting ready to quit

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<https://www.cgakit.com/smoking-in-late-life>

Smoker's Profile (The Why Test)

Name : _____

Date : _____

Assessed by : _____

Most people smoke for different reasons at different times. Reasons for smoking include psychological issues, habits, social pressures, and physical dependence on nicotine. The test that follows will help you determine why you smoke.

Next to the following statements, mark the number that best describes your own experience :

5 = Always 4 = Most of the time 3 = Once in a while 2 = Rarely 1 = Never

Question	Score
1. Stimulation	
I smoke to keep myself from slowing down	<input type="text"/>
I smoke to perk myself up	<input type="text"/>
I smoke cigarettes to get a lift	<input type="text"/>
Stimulation Total	<input type="text"/>
2. Handling	
Handling a cigarette is part of the enjoyment of smoking it	<input type="text"/>
Part of my enjoyment of smoking is preparing to light up	<input type="text"/>
Part of my enjoyment is watching the smoke as I exhale	<input type="text"/>
Handling Total	<input type="text"/>
3. Pleasure / Relaxation	
Smoking is pleasant and relaxing	<input type="text"/>
I get pleasure from smoking	<input type="text"/>
I want a cigarette most often when I am comfortable and relaxed	<input type="text"/>
Pleasure / Relaxation Total	<input type="text"/>
4. Crutch / Tension	
I light up a cigarette when I feel angry about something	<input type="text"/>
When I feel uncomfortable or upset, I light up a cigarette	<input type="text"/>
Q. I smoke when I want to take my mind off what's bothering me	<input type="text"/>
Crutch / Tension Total	<input type="text"/>

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Question	Score
5. Craving / Addiction	
When I'm out of cigarettes, it's near-torture until I can get more	<input type="text"/>
When I'm not smoking a cigarette, I'm very much aware of the fact	<input type="text"/>
I get a real hunger for a cigarette when I haven't had one in a while	<input type="text"/>
Craving / Addiction Total	<input type="text"/>
6. Habit	
I smoke automatically, without even being aware of it	<input type="text"/>
I often light up a cigarette while one is still burning in the ashtray	<input type="text"/>
I've found a cigarette in my mouth that I'd forgotten was there	<input type="text"/>
Habit Total	<input type="text"/>
7. Social Smoker	
I smoke when people around me are smoking	<input type="text"/>
I smoke cigarettes with friends when I'm having a good time	<input type="text"/>
I want a cigarette most often when I am comfortable and relaxed	<input type="text"/>
Pleasure / Relaxation Total	<input type="text"/>

Score interpretation :

A score of 11 or above in any category is high.
A high score means that your smoking is probably influenced by that category.

A score of 7 or below is low.
A low score means that the category is not a primary source of satisfaction to you when you smoke.

Adapted from : Quit Smoking Guide. American Academy of Family Physicians. Help Your Patients Quit Tobacco Now, Nov.2 2018. p.2 Getting ready to quit
https://www.aafp.org/content/dam/AAFP/documents/patient_care/tobacco/stop-smoking-guide.pdf

Smoker's Profile (The Why Test)

Stimulation

Your score (>11=high <7=low)

"It stimulates me."

You feel that smoking gives you energy and keeps you going. Think about alternative ways to boost your energy, such as brisk walking or jogging.

Handling

Your score (>11=high <7=low)

"I want something in my hand."

There are a lot of things you can do with your hands without lighting up a cigarette. Try doodling with a pencil or playing with putty or a straw.

Pleasure / Relaxation

Your score (>11=high <7=low)

"It feels good."

You get a lot of physical pleasure from smoking. Various forms of exercise or other activities that you enjoy can be effective alternatives.

Crutch / Tension

Your score (>11=high <7=low)

"It's a crutch."

It can be tough to stop smoking if you find cigarettes comforting in moments of stress, but there are many better ways to deal with stress.

Craving / Addiction

Your score (>11=high <7=low)

"I'm hooked."

In addition to having a psychological dependency on smoking, you may also be physically addicted to nicotine. It is a hard addiction to break, but it can be done. Talk with your doctor about using medication to control your withdrawal symptoms.

Habit

Your score (>11=high <7=low)

"It's part of my routine."

If cigarettes are merely part of your routine, quitting should be relatively easy. One key to success is being aware of every cigarette you smoke. Keeping a smoking diary is a good way to do this.

Pleasure / Relaxation

Your score (>11=high <7=low)

"I'm a social smoker."

You smoke when people around you are smoking and when you are offered a cigarette. It is important for you to avoid these situations until you are confident about being a nonsmoker. If you cannot avoid a situation in which others are smoking, remind them that you are a nonsmoker.