Smoking: Coping Expectancies for Nondaily Smokers

Please respond to each question or statement by marking one box per row.

		Never	Rarely	Sometimes	Often	Always
SMKCOP02_nd	When I'm angry, a cigarette can calm me down……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP04_nd	I am tempted to smoke when I feel depressed……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP05_nd	When I go too long without a cigarette I lose my temper more easily……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP07_nd	Smoking helps me when I'm upset about something……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP09_nd	When I am worrying about something, a cigarette is helpful……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP12_nd	I am tempted to smoke when I am anxious……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP17_nd	I am tempted to smoke when I have arguments or conflicts with others…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP18_nd	I am tempted to smoke when I am stressed……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP19_nd	I am tempted to smoke when I experience an emotional crisis……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP20_nd	I am tempted to smoke when I feel nervous……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP21_nd	When I feel stressed I want a cigarette.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
SMKCOP01_nd	I rely on smoking to deal with stress……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP03_nd	Smoking allows me to take a break from my problems for a few minutes……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP06_nd	When I'm upset with someone, a cigarette helps me cope…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP08_nd	Smoking helps me reduce tension……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP10_nd	Smoking helps me deal with anxiety……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP11_nd	Smoking calms me down……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP16_nd	Smoking keeps me from overeating……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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