Smoking: Negative Health Expectancies for Daily Smokers

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

		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKHLTH01	Smoking is taking years off my life……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH02	Smoking makes me worry about getting heart troubles…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH03	Smoking causes me to get tired easily……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH04	Smoking makes me short of breath……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH05	Smoking irritates my mouth and throat…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH06	I worry that smoking will lower my quality of life…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH07	Smoking makes me worry about getting emphysema……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH08	Smoking makes my lungs hurt…….....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH09	Smoking causes damage to my gums and teeth……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH10	Smoking leaves an unpleasant taste in my mouth……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH11	It takes me longer to recover from a cold because I smoke……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH12	If I quit smoking I will feel more energetic..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH13	If I quit smoking I will breathe easier……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH14	Smoking is hazardous to my health……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH15	Smoking makes me worry about getting cancer……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH16	Smoking gives me a headache……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH17	If I quit smoking I will live longer……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH18	If I quit smoking I will get instant health benefits……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH19	If I quit smoking I will be healthier……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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