Smoking: Negative Health Expectancies for Nondaily 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_nd	Smoking is taking years off my life……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH02_nd	Smoking makes me worry about getting heart troubles…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH03_nd	Smoking causes me to get tired easily……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH04_nd	Smoking makes me short of breath……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH05_nd	Smoking irritates my mouth and throat…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH06_nd	I worry that smoking will lower my quality of life…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH07_nd	Smoking makes me worry about getting emphysema……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH08_nd	Smoking makes my lungs hurt…….....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH09_nd	Smoking causes damage to my gums and teeth……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH10_nd	Smoking leaves an unpleasant taste in my mouth……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH11_nd	It takes me longer to recover from a cold because I smoke……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH12_nd	If I quit smoking I will feel more energetic..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH13_nd	If I quit smoking I will breathe easier……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH20_nd	Smoking makes me worry about getting high blood pressure……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH21_nd	Smoking makes me feel weaker physically..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH22_nd	Smoking makes it harder for me to exercise or play sports…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH23_nd	Smoking gives me a morning cough…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKHLTH24_nd	Smoking leaves a stain on my fingers……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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