Smoking: Coping Expectancies for Daily Smokers

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

		Never	Rarely	Sometimes	Often	Always
SMKCOP02	When I'm angry, a cigarette can calm me down……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP04	I am tempted to smoke when I feel depressed……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP05	When I go too long without a cigarette I lose my temper more easily……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP07	Smoking helps me when I'm upset about something……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP09	When I am worrying about something, a cigarette is helpful……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP12	I am tempted to smoke when I am anxious……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
SMKCOP01	I rely on smoking to deal with stress……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP03	Smoking allows me to take a break from my problems for a few minutes……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP06	When I'm upset with someone, a cigarette helps me cope…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP08	Smoking helps me reduce tension……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP10	Smoking helps me deal with anxiety……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP11	Smoking calms me down……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP13	If I quit smoking I would be more likely to feel depressed…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP14	If I quit smoking I will be less able to concentrate…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKCOP15	If I'm feeling irritable, a cigarette will help me relax……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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