Smoking: Emotional and Sensory Expectancies for All Smokers

Please respond to each item by marking one box per row.

		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKEMSEN01	I feel better after smoking a cigarette	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN10	Smoking makes me less depressed.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN11	I smoke because it is self-satisfying	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN12	I like the way a cigarette makes me feel physically.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN13	I smoke because smoking feels good	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN14	I enjoy the sensations of a long, slow exhalation of smoke.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN15	I smoke to get a sense of pleasure	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN02	Smoking stimulates me.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN03	Smoking helps me concentrate.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN04	When I stop what I'm doing to have a cigarette it feels like 'my time'.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN05	I love the feel of inhaling the smoke into my mouth.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN06	Smoking is relaxing.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN07	Smoking makes me feel content.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKEMSEN09	Smoking is the fastest way to reward myself	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Never	**Rarely**	**Sometimes**	**Often**	**Always**
SMKEMSEN08	Even when I feel good, smoking helps me feel better	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

Last updated: 5 December 2016

© 2011-2017 PROMIS Health Organization and PROMIS Cooperative Group