

SCQ-A Scoring

Calculate mean response for each of the following 10 scales:

- 1. Negative Affect Reduction**
 4. Cigarettes help me deal with anxiety or worry
 6. When I'm angry, a cigarette can calm me down.
 9. If I'm tense, a cigarette helps me to relax.
 12. Cigarettes help me deal with anger.
 13. Smoking calms me down when I feel nervous.
 27. Cigarettes help me reduce or handle tension.
 33. If I'm feeling irritable, a smoke will help me relax.
 38. When I'm upset with someone, a cigarette helps me cope.
 50. When I am worrying about something, a cigarette is helpful.
- 2. Stimulation/State Enhancement**
 11. Smoking a cigarette energizes me.
 15. I feel like I do a better job when I am smoking.
 16. A cigarette can give me energy when I'm bored and tired.
 17. Cigarettes can really make me feel good.
 18. When I'm feeling happy, smoking helps me keep that feeling.
 45. I like the way a cigarette makes me feel physically.
- 3. Health Risks**
 25. By smoking, I risk heart disease and lung cancer.
 39. The more I smoke, the more I risk my health.
 46. Smoking is hazardous to my health.
 55. Smoking is taking years off my life.
- 4. Taste/Sensorimotor Manipulation**
 1. Cigarettes taste good.
 19. I will enjoy the flavor of a cigarette.
 21. I will enjoy feeling a cigarette on my tongue and lips.
 32. Just handling a cigarette is pleasurable.
 41. I enjoy the steps I take to light up.
 47. I enjoy feeling the smoke hit my mouth and the back of my throat.
 48. When I smoke, the taste is pleasant.
 49. I like to watch the smoke from my cigarette.
 52. I enjoy the taste sensations while smoking.
- 5. Social Facilitation**
 23. I feel like part of a group when I'm around other smokers.
 26. Smoking makes me enjoy people more.
 29. I enjoy parties more when I am smoking.
 42. Conversations seem more special if we are all smoking.
 53. I feel more at ease with other people if I have a cigarette.
- 6. Appetite/Weight Control**
 2. Smoking controls my appetite.
 10. Cigarettes keep me from overeating.
 37. Smoking helps me control my weight.
 44. Smoking keeps my weight down.
 40. Cigarettes keep me from eating more than I should.
- 7. Craving/Addiction**
 5. Nicotine "fits" can be controlled by smoking.
 8. I become more addicted the more I smoke.
 22. Smoking will satisfy my nicotine cravings.
 28. I feel better physically after having a cigarette.
 31. A cigarette can satisfy my urge to smoke.
 36. I will become more dependent on nicotine if I continue smoking.
 51. Smoking temporarily reduces those repeated urges for cigarettes.
- 8. Negative Physical Feelings**
 3. My throat burns after smoking.
 14. Cigarettes make my lungs hurt.
 34. Smoking irritates my mouth and throat.
- 9. Boredom Reduction**
 7. When I'm alone, a cigarette can help me pass the time.
 20. If I have nothing to do, a smoke can help kill time.
 35. When I feel bored and tired, a cigarette can really help.
 54. Cigarettes are good for dealing with boredom.
- 10. Social Impression**
 24. Smoking makes me seem less attractive.
 30. People think less of me if they see me smoking.
 43. I look ridiculous while smoking.