E-Cigarette Nicotine Dependence – Short Form 4a

		Never	Rarely	Sometimes	Often	Almost Always
EDS_1	I find myself reaching for my e-cigarette without thinking about it	1	2	3	4	5
EDS_2	I drop everything to go out and buy ecigarettes or e-juice.	1	2	3	4	5
EDS_3	I vape more before going into a situation where vaping is not allowed	1	2	3	4	5
EDS_4	When I haven't been able to vape for a few hours, the craving gets intolerable	1	2	3	4	5

Smoking: Coping Expectancies for Daily Smokers

		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

Smoking: Emotional and Sensory Expectancies for Daily Smokers

		Never	Kareiy	Sometimes	Orten	Aiways
SMKEMSEN08	Even when I feel good, smoking helps me feel better	1	2	3	4	5
		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
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
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
SMKEMSEN16	I enjoy the steps I take to light up a cigarette.	1	2	3	4	5

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	<u> </u>	<u></u>
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

Last Updated: 1 December 2016

Smoking: Nicotine Dependence for Daily Smokers

	_	Never	Rarely	Sometimes	Often	Always
SMKNDEP01	When I haven't been able to smoke for a few hours, the craving gets intolerable	1	2	3	4	5
SMKNDEP02	I find myself reaching for cigarettes without thinking about it	1	2	3	4	5
SMKNDEP03	I drop everything to go out and buy cigarettes	1	2	3	4	5
SMKNDEP04	I smoke more before going into a situation where smoking is not allowed	1	2	3	4	5
SMKNDEP06	When I'm really craving a cigarette, it feels like I'm in the grip of some unknown force that I cannot control	1	2	3	4	5
SMKNDEP08	After not smoking for a while, I need to smoke in order to avoid feeling any discomfort.	1	2	3	4	5
SMKNDEP15	When I run out of cigarettes, I find it almost unbearable	1	2	3	4	5
SMKNDEP16	I get a real gnawing hunger for a cigarette when I haven't smoked in a while	1	2	3	4	5
SMKNDEP17	I smoke even when I am so ill that I am in bed most of the day	1	2	3	4	5
SMKNDEP18	When I go too long without a cigarette I feel impatient	1	2	3	4	5
SMKNDEP19	When I go too long without a cigarette I get strong urges that are hard to get rid of	1	2	3	4	5
SMKNDEP22	I am tempted to smoke when I realize I haven't smoked for a while	1	2	3	4	5
SMKNDEP23	I smoke when I am alone	1	2	3	4	5
SMKNDEP25	I am tempted to smoke when I am happy	1	2	3	4	5
SMKNDEP26	I am tempted to smoke when I am driving.	1	2	3	4	5
SMKNDEP27	After eating I want a cigarette	1	2	3	4	5

		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKNDEP05	I crave cigarettes at certain times of day	1	2	3.	4	5
SMKNDEP07	My urges to smoke keep getting stronger if I don't smoke	1	2	3	4	5
SMKNDEP09	My desire to smoke seems overpowering	1	2	3	4	5
SMKNDEP10	Cravings for a cigarette make it difficult for me to quit	1	2	3	4	5
SMKNDEP11	It is hard to ignore urges to smoke	1	2	3	4	5
SMKNDEP12	When I go without a cigarette for a few hours, I experience craving	1	2	3	4	5
SMKNDEP13	I frequently crave cigarettes	1	2	3	4	5
SMKNDEP14	The idea of not having any cigarettes causes me stress	1	2	3	4	5
SMKNDEP20	It is hard for me to go without smoking for a whole day	1	2	3	4	5
SMKNDEP21	Smoking is a large part of my daily life	1	2	3	4	5
SMKNDEP24	The thought of never smoking again is overwhelming	1	2	3	4	5

Smoking: Negative Psychosocial Expectancies for Daily Smokers

F		Never	Rarely	Sometimes	Often	Always
SMKPSY10	I feel embarrassed when I smoke	1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKPSY01	If I quit smoking I will be more in control of my life	1	2	3	4	5
SMKPSY02	If I quit smoking my friends will respect me more	1	2	3	4	5
SMKPSY03	My need for cigarettes makes me feel disappointed in myself	1	2	3	4	5
SMKPSY04	My smoking makes me feel less attractive	1	2	3	4	5
SMKPSY05	People think less of me if they see me smoking.	1	2	3	4	5
SMKPSY06	My cigarette smoking bothers others	1	2	3	4	5
SMKPSY07	If I quit smoking I will be more attractive to others.	1	2	3	4	5
SMKPSY08	I get upset when I think about my smoking	1	2	3	4	5
SMKPSY09	My smoking makes me respect myself less	1	2	3	4	5
SMKPSY11	I look ridiculous while smoking	1	2	3	4	5
SMKPSY12	People I care about respect me less because I smoke.	1	2	3	4	5
SMKPSY13	People think I'm foolish for ignoring the warnings about cigarette smoking	1	2	3	4	5
SMKPSY14	My smoking makes me less attractive to other people	1	2	3	4	5
SMKPSY15	Smoking leaves an unpleasant odor on my clothes	1	2	3	4	5
SMKPSY16	I'm foolish to ignore the warnings about cigarettes	1	2	3	4	5
SMKPSY17	I smoke too much	1	2	3	4	5
SMKPSY18	I hide my smoking from other people	1	2	3	4	5

$PROMIS^{@}\ Item\ Bank\ v1.0-Smoking:\ Negative\ Psychosocial\ Expectancies\ for\ Daily\ Smokers$

		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKPSY19	I feel uncomfortable smoking around kids	1	2	3	4	5
SMKPSY20	Most of the people I care about want me to quit smoking	1	2	3	4	5

Smoking: Social Motivations for Daily Smokers

		Never	Rarely	Sometimes	Often	Always
SMKSOC08	I am tempted to smoke when I am with other people who are smoking	1	2	3	4	5
SMKSOC12	I am tempted to smoke when I see someone enjoying a cigarette	1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKSOC01	Smoking makes me feel better in social situations.	1	2	3	4	5
SMKSOC02	Smoking helps me feel more relaxed when I'm with other people	1	2	3	4	5
SMKSOC03	I feel like part of a group when I'm around other smokers	1	2	3	4	5
SMKSOC04	I enjoy the social aspect of smoking with other smokers	1	2	3	4	5
SMKSOC05	If I quit smoking I will be less welcome around my friends who smoke	1	2	3	4	5
SMKSOC06	Smoking is a part of my self-image	1	2	3	4	5
SMKSOC07	I feel a bond with other smokers	1	2	3	4	5
SMKSOC09	Smoking gives me something to do with my hands	1	2	3	4	5
SMKSOC10	If I always smoke in a certain place it is hard to be there and not smoke	1	2	3	4	5
SMKSOC11	If I quit smoking I will feel uncomfortable around smokers	1	2	3	4	5

Smoking: Coping Expectancies for Nondaily Smokers

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

		Never	Rarely	Sometimes	Often	Always
SMKCOP02_nd	When I'm angry, a cigarette can calm me down	1	2	3	4	5
SMKCOP04_nd	I am tempted to smoke when I feel depressed	1	2	3	4	5
SMKCOP05_nd	When I go too long without a cigarette I lose my temper more easily	1	2	3	4	5
SMKCOP07_nd	Smoking helps me when I'm upset about something	1	2	3	4	5
SMKCOP09_nd	When I am worrying about something, a cigarette is helpful	1	2	3	4	5
SMKCOP12_nd	I am tempted to smoke when I am anxious	1	2	3	4	5
SMKCOP17_nd	I am tempted to smoke when I have arguments or conflicts with others	1	2	3	4	5
SMKCOP18_nd	I am tempted to smoke when I am stressed.	1	2	3	4	5
SMKCOP19_nd	I am tempted to smoke when I experience an emotional crisis.	1	2	3	4	5
SMKCOP20_nd	I am tempted to smoke when I feel nervous.	1	2	3	4	5
SMKCOP21_nd	When I feel stressed I want a cigarette	1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKCOP01_nd	I rely on smoking to deal with stress	1	2	3	4	5
SMKCOP03_nd	Smoking allows me to take a break from my problems for a few minutes	1	2	3	4	5
SMKCOP06_nd	When I'm upset with someone, a cigarette helps me cope	1	2	3	4	5
SMKCOP08_nd	Smoking helps me reduce tension	1	2	3	4	5
SMKCOP10_nd	Smoking helps me deal with anxiety	1	2	3	4	5
SMKCOP11_nd	Smoking calms me down	1	2	3	4	5
SMKCOP16_nd	Smoking keeps me from overeating	1	2	3	4	5
	Last Undated: 1 December 2016					

Last Updated: 1 December 2016

Smoking: Emotional and Sensory Expectancies for Nondaily Smokers

		Never	Rarely	Sometimes	Often	Always
SMKEMSEN08_nd	Even when I feel good, smoking helps me feel better	1	2	3	4	5
SMKEMSEN18_nd	When I'm alone, a cigarette can help me pass the time	1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKEMSEN01_nd	I feel better after smoking a cigarette	1	2	3	4	5
SMKEMSEN02_nd	Smoking stimulates me	1	2	3	4	5
SMKEMSEN03_nd	Smoking helps me concentrate	1	2	3	4	5
SMKEMSEN04_nd	When I stop what I'm doing to have a cigarette it feels like 'my time'	1	2	3	4	5
SMKEMSEN05_nd	I love the feel of inhaling the smoke into my mouth	1	2	3	4	5
SMKEMSEN06_nd	Smoking is relaxing	1	2	3	4	5
SMKEMSEN07_nd	Smoking makes me feel content	1	2	3	4	5
SMKEMSEN09_nd	Smoking is the fastest way to reward myself	1	2	3	4	5
SMKEMSEN10_nd	Smoking makes me less depressed	1	2	3	4	5
SMKEMSEN11_nd	I smoke because it is self-satisfying	1	2	3	4	5
SMKEMSEN12_nd	I like the way a cigarette makes me feel physically	1	2	3	4	5
SMKEMSEN13_nd	I smoke because smoking feels good	1	2	3	4	5
SMKEMSEN14_nd	I enjoy the sensations of a long, slow exhalation of smoke	1	2	3	4	5
SMKEMSEN15_nd	I smoke to get a sense of pleasure	1	2	3	4	5
SMKEMSEN17_nd	I enjoy the smell of a cigarette when I pull it out of the pack	1	2	3	4	5

Smoking: Negative Health Expectancies for Nondaily Smokers

		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

Smoking: Nicotine Dependence for Nondaily Smokers Please respond to each question or statement by marking one box per row.

		Never	Rarely	Sometimes	Often	Always
SMKNDEP01_nd	When I haven't been able to smoke for a few hours, the craving gets intolerable	1	2	3	4	5
SMKNDEP02_nd	I find myself reaching for cigarettes without thinking about it	1	2	3	4	5
SMKNDEP03_nd	I drop everything to go out and buy cigarettes	1	2	3	4	5
SMKNDEP04_nd	I smoke more before going into a situation where smoking is not allowed	1	2	3	4	5
SMKNDEP06_nd	When I'm really craving a cigarette, it feels like I'm in the grip of some unknown force that I cannot control	1	2	3	4	5
SMKNDEP08_nd	After not smoking for a while, I need to smoke in order to avoid feeling any discomfort	1	2	3	4	5
SMKNDEP15_nd	When I run out of cigarettes, I find it almost unbearable	1	2	3	4	5
SMKNDEP16_nd	I get a real gnawing hunger for a cigarette when I haven't smoked in a while	1	2	3	4	5
SMKNDEP17_nd	I smoke even when I am so ill that I am in bed most of the day	1	2	3	4	5
SMKNDEP18_nd	When I go too long without a cigarette I feel impatient	1	2	3	4	5
SMKNDEP19_nd	When I go too long without a cigarette I get strong urges that are hard to get rid of	1	2	3	4	5
SMKNDEP22_nd	I am tempted to smoke when I realize I haven't smoked for a while	1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKNDEP05_nd	I crave cigarettes at certain times of day	1	2	3	4	5
SMKNDEP07_nd	My urges to smoke keep getting stronger if I don't smoke	1	2	3	4	5
SMKNDEP09_nd	My desire to smoke seems overpowering	1	2	3	4	5
SMKNDEP10_nd	Cravings for a cigarette make it difficult for me to quit	1	2	3	4	5
SMKNDEP11_nd	It is hard to ignore urges to smoke	1	2	3	4	5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKNDEP12_nd	When I go without a cigarette for a few hours, I experience craving	1	2	3	4	5
SMKNDEP13_nd	I frequently crave cigarettes	1	2	3	4	5
SMKNDEP14_nd	The idea of not having any cigarettes causes me stress.	1	2	3	4	5
SMKNDEP20_nd	It is hard for me to go without smoking for a whole day	1	2	3	4	5
SMKNDEP21_nd	Smoking is a large part of my daily life	1	2	3	4	5
SMKNDEP28_nd	I become more addicted the more I smoke	1	2	3	4	5
SMKNDEP29_nd	I feel like I smoke all the time	1	2	3	4	5
SMKNDEP30_nd	I would go crazy if I couldn't smoke	1	2	3	4	5
SMKNDEP31_nd	If I quit smoking I will experience intense cravings for a cigarette	1	2	3	4	5
SMKNDEP32_nd	My life is full of reminders to smoke	1	2	3	4	5

Smoking: Negative Psychosocial Expectancies for Nondaily Smokers

		Never	Rarely	Sometimes	Often	Always
SMKPSY10_nd	I feel embarrassed when I smoke	1	2	3	4	5
SMKPSY01_nd	If I quit smoking I will be more in control of my life	Not at all	A little bit	Somewhat 3	Quite a bit	Very much 5
SMKPSY02_nd	If I quit smoking my friends will respect me more	1	2	3	4	5
SMKPSY03_nd	My need for cigarettes makes me feel disappointed in myself	1	2	3	4	5
SMKPSY04_nd	My smoking makes me feel less attractive	1	2	3	4	5
SMKPSY05_nd	People think less of me if they see me smoking	1	2	3	4	5
SMKPSY06_nd	My cigarette smoking bothers others	1	2	3	4	5
SMKPSY07_nd	If I quit smoking I will be more attractive to others	1	2	3	4	5
SMKPSY08_nd	I get upset when I think about my smoking	1	2	3	4	5
SMKPSY09_nd	My smoking makes me respect myself less	1	2	3	4	5
SMKPSY11_nd	I look ridiculous while smoking	1	2	3	4	5
SMKPSY12_nd	People I care about respect me less because I smoke	1	2	3	4	5
SMKPSY13_nd	People think I'm foolish for ignoring the warnings about cigarette smoking	1	2	3	4	5
SMKPSY14_nd	My smoking makes me less attractive to other people	1	2	3	4	5
SMKPSY21_nd	People close to me disapprove of my smoking	1	2	3	4	5

Smoking: Social Motivations for Nondaily Smokers

r		Never	Rarely	Sometimes	Often	Always
SMKSOC08_nd	I am tempted to smoke when I am with other people who are smoking	☐ 1 Not at all	2 A little bit	☐ 3 Somewhat	Quite a bit	5 Very much
SMKSOC01_nd	Smoking makes me feel better in social situations.				Quite a bit	
SMKSOC02_nd	Smoking helps me feel more relaxed when I'm with other people	1	2	3	4	5
SMKSOC03_nd	I feel like part of a group when I'm around other smokers	1	2	3	4	5
SMKSOC04_nd	I enjoy the social aspect of smoking with other smokers	1	2	3	4	5
SMKSOC05_nd	If I quit smoking I will be less welcome around my friends who smoke	1	2	3	4	5
SMKSOC06_nd	Smoking is a part of my self-image	1	2	3	4	5
SMKSOC07_nd	I feel a bond with other smokers	1	2	3	4	5
SMKSOC09_nd	Smoking gives me something to do with my hands	1	2	3	4	5
SMKSOC13_nd	Smoking makes me feel more self- confident with others	1	2	3	4	5
SMKSOC14_nd	Smoking helps me enjoy people more	1	2	3	4	5
SMKSOC15_nd	Smoking can be a good excuse to get out of uncomfortable social situations	1	2	3	4	5