

Smoking Cessation MMAS (SC-MMAS-8)

Preface

You said you are trying to quit smoking or stay smoke-free. Many people find it hard to keep up with quitting. We want to know about your experience. There are no right or wrong answers. Please answer honestly, based on the past 2 weeks.

1. Do you sometimes forget that you are trying to quit smoking?

☐ Yes ☐ No

2. People sometimes smoke again for reasons other than forgetting.

In the past 2 weeks, were there any days when you smoked a cigarette or used tobacco, even just a puff?

☐ Yes ☐ No

3. Have you ever smoked again without telling anyone because you felt worse when you didn't smoke?

☐ Yes ☐ No

4. When you leave home or go somewhere, do you sometimes forget that you are trying to quit and end up smoking?

☐ Yes ☐ No

5. Did you stay smoke-free the last time you were tempted or had the chance to smoke?

☐ Yes ☐ No

6. When you feel like you're doing well, do you sometimes think it's okay to have a smoke?

☐ Yes ☐ No

7. Some people feel quitting is hard to keep up with. Do you ever feel quitting smoking is too much or too difficult to stick with?

☐ Yes ☐ No

8. How often do you have trouble remembering your plan to stay smoke-free?

☐ Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always