

## Smoking Cessation Behavioral Snapshot – 8 Items (SC-BSA-8™)

You are working to quit smoking or stay smoke-free. Many people find it challenging to maintain this every day. These questions capture your recent experience. There are no right or wrong answers — please answer honestly, based on your behavior in the past 7 days.

### 1. Missed Targets

In the past week, have you smoked or used tobacco when you intended to stay smoke-free?

☐ No ☐ Yes, once ☐ Yes, more than once

### 2. Self-Directed Change

Have you intentionally smoked or used tobacco without following your planned quit strategy?

☐ No ☐ Yes, once ☐ Yes, more than once

### 3. Outcome-Driven Lapse

Have you smoked or used tobacco because you felt worse, stressed, or irritable when you didn't?

☐ No ☐ Yes, once ☐ Yes, more than once

### 4. Contextual / Routine Lapse

Have situations like being away from home, social gatherings, or travel caused you to smoke or use tobacco?

☐ No ☐ Yes, once ☐ Yes, more than once

### 5. Recent Compliance

The last time you were tempted or had access to tobacco, did you stay smoke-free as planned?

☐ No ☐ Yes, once ☐ Yes, more than once

### 6. Intentional Relaxation

When you felt confident or doing well in your quit attempt, have you deliberately smoked or used tobacco?

☐ No ☐ Yes, once ☐ Yes, more than once

### 7. Perceived Difficulty / Burden

Has maintaining your smoke-free plan felt overwhelming, stressful, or too difficult in the past week?

☐ No ☐ Yes, once ☐ Yes, more than once

### 8. Consistency / Memory

Has your overall adherence to your smoke-free plan felt inconsistent or irregular compared with what you intended?

☐ No ☐ Yes, once ☐ Yes, more than once

**Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.**