

**Smoking: Decisional Balance
(Short Form)**

The following statements represent different opinions about smoking. Please rate HOW IMPORTANT each statement is to your decision to smoke according to the following five point scale.

- 1 = Not important**
- 2 = Slightly important**
- 3 = Moderately important**
- 4 = Very important**
- 5 = Extremely important**

- 1. Smoking cigarettes relieves tension.
- 2. I'm embarrassed to have to smoke.
- 3. Smoking helps me concentrate and do better work.
- 4. My cigarette smoking bothers other people.
- 5. I am relaxed and therefore more pleasant when smoking.
- 6. People think I'm foolish for ignoring the warnings about cigarette smoking.

Scoring

PROS	1, 3, 5
CONS	2, 4, 6

References

Velicer, W.F., DiClemente, C.C., Prochaska, J.O., & Brandenburg, N. (1985). A decisional balance measure for assessing and predicting smoking status. *Journal of Personality and Social Psychology*, 48, 1279-1289.
