Tobacco Motives Inventory

Instructions: Here are some things that people have said about smoking cigarettes. Read each one and circle a number (from 1 to 5) to show what you think.

1 = Not at all true
2 = A little true
3 = Somewhat true
4 = Pretty true
5 = Very true

1. Smoking helps you fit in with other people. 1 2 3 4 5
2. Smoking makes it easier to be sociable with others. 1 2 3 4 5
3. Smoking helps you enjoy a party. 1 2 3 4 5
4. Smoking makes social gatherings more fun. 1 2 3 4 5
5. Smoking makes you feel more energetic. 1 2 3 4 5
6. Smoking helps you concentrate on things. 1 2 3 4 5
7. Smoking makes you feel more self-confident. 1 2 3 4 5
8. Smoking makes you feel more sure of yourself. 1 2 3 4 5
9. You can smoke when there's nothing better to do. 1 2 3 4 5
10. Smoking is something to do when you're bored. 1 2 3 4 5
11. Smoking helps you forget about worries. 1 2 3 4 5
12. Smoking helps you calm down when you're feeling tense and nervous. 1 2 3 4 5
13. Smoking helps you when you're feeling angry. 1 2 3 4 5
14. Smoking makes you feel more relaxed. 1 2 3 4 5
15. Smoking cheers you up when you're in a bad mood. 1 2 3 4 5