

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

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| 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 |