

# Tobacco Group Participant Questionnaire

Name \_\_\_\_\_

Date \_\_\_\_\_ Gender: Male \_\_\_ Female \_\_\_ Age \_\_\_

We are interested in receiving feedback about this Program. Your answers are important, and will be used to improve our service. Completing the survey is voluntary. Thank you.

1. On average, about how many cigarettes were you smoking before this program?

\_\_\_\_ packs per day or \_\_\_\_ cigarettes per day or \_\_\_\_ cigars per day or  
\_\_\_\_ tins or pouches per day (if a smokeless tobacco user)

2. How would you describe your **current** tobacco use?

- Not using tobacco...(If so, how long ago did you quit?\_\_\_\_\_)
- Smoking less (or using less smokeless tobacco)
- Smoking about the same (or using the same amount of smokeless tobacco)
- Smoking more (or using more smokeless tobacco)

3. How **motivated** are you to not use tobacco?

- Not at all motivated
- A little motivated
- Very motivated
- Extremely motivated

4. How **confident** are you that you can be a non-tobacco user?

- Not at all confident
- A little confident
- Very confident
- Extremely confident

5. In which of the following, if any, would you be interested? (You may check more than one)

- Monthly group follow-up sessions for \_\_\_\_ months.
- Calling the Maine Tobacco HelpLine
- Individual meetings with a Tobacco Treatment Specialist
- Other (describe)

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**Below are some thoughts that smokers have about quitting. Circle the number that most closely reflects how you feel about quitting.**

10	I have quit using tobacco.
9	I have quit using tobacco, but I still worry about slipping back so I need to keep working on living tobacco-free
8	I still use tobacco, but have begun to change, like cutting back on the number of cigarettes I smoke. I am ready to set a quit date.
7	I definitely plan to quit within the next 30 days.
6	I definitely plan to quit within the next 6 months.
5	I often think about quitting, but I have no plans to quit.
4	I sometimes think about quitting, and I have no plans to quit.
3	I rarely think about quitting, and I have no plans to quit.
2	I never think about quitting, and I have no plans to quit.
1	I have decided not to quit using tobacco in my lifetime. I have no interest in quitting.

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MaineHealth  
**Center for Tobacco  
Independence**