What tobacco product do you use most frequently?
- Cigarettes — (Please continue below)
- Smokeless tobacco — (Please continue on reverse side)
- Both cigarettes and smokeless tobacco — (Please complete both sides)
- Other — (Thank you! You have completed the questionnaire)

**Cigarette Users:**

How soon after you wake up do you smoke your first cigarette?
- 3  □ Within 5 minutes  
- 2  □ 6 to 30 minutes  
- 1 □ 31 to 60 minutes  
- 0 □ After 60 minutes

Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church?
- 1 □ Yes  
- 0 □ No

Which cigarette would you hate most to give up?
- 1 □ The first one in the morning  
- 0 □ Any other

How many cigarettes per day do you smoke?
- 0 □ 10 or less  
- 1 □ 11 to 20  
- 2 □ 21 to 30  
- 3 □ 31 or more

Do you smoke more frequently during the first hours after waking than during the rest of the day?
- 1 □ Yes  
- 0 □ No

Do you smoke if you are so ill that you are in bed most of the day?
- 1 □ Yes  
- 0 □ No

How I feel when I try not to smoke or cannot smoke:
(Place a check mark next to what you experience when you do not smoke.)
- Anger  
- Anxiety  
- Constipation  
- Craving  
- Depression  
- Desire to smoke  
- Difficulty concentrating  
- Difficulty sleeping  
- Fatigue  
- Frustration  
- Hunger  
- Impatience  
- Increased eating  
- Irritability  
- Nervousness  
- Restlessness  
- Shakiness  
- Other: ________________

When do you smoke? (Check all that apply.)
- Talking on the phone  
- Driving  
- Seeing a cigarette  
- Drinking coffee, tea, or soda  
- Drinking alcohol  
- After eating  
- Celebrating  
- Finishing a job  
- Having a family argument  
- Feeling lonely  
- Feeling scared  
- Feeling angry  
- Feeling sad  
- Feeling nervous or stressed  
- Feeling bored  
- Other: ________________

Which of the following stressors, if any, are you dealing with now? (Check all that apply.)
- The death of someone close to you  
- Loss of an important relationship  
- Divorce or separation  
- Major health problem  
- New job  
- Geographical move  
- Important legal problem  
- Other: ________________

- None of the above
Smokeless Tobacco Users:

How soon after you wake up do you place your first dip?

- 3 □ Within 5 minutes
- 2 □ 6 to 30 minutes
- 1 □ 31 to 60 minutes
- 0 □ After 60 minutes

How often do you intentionally swallow your tobacco juice?

- 2 □ Always
- 1 □ Sometimes
- 0 □ Never

Which chew would you hate to give up most?

- 1 □ The first one in the morning
- 0 □ Any other

How many cans/pouches per week do you use?

- 2 □ More than 3
- 1 □ 2 to 3
- 0 □ 1

Do you chew more frequently during the first hours after waking than during the rest of the day?

- 1 □ Yes
- 0 □ No

Do you chew if you are so ill that you are in bed most of the day?

- 1 □ Yes
- 0 □ No

How I feel when I try not to use chew: (Place a check mark next to what you experience when you do not chew.)

- □ Anger
- □ Desire to use
- □ Hunger
- □ Nervousness
- □ Anxiety
- □ Difficulty concentrating
- □ Impatience
- □ Restlessness
- □ Constipation
- □ Difficulty sleeping
- □ Increased eating
- □ Shakiness
- □ Craving
- □ Fatigue
- □ Irritability
- □ Other: ______________________
- □ Depression
- □ Frustration
- □ Nausea
- □ Craving
- □ Fatigue
- □ Increased eating
- □ Shakiness

When do you chew? (Check all that apply.)

- □ Seeing chew
- □ Going to the gas station
- □ Driving
- □ After eating
- □ Drinking alcohol or being in a bar
- □ Celebrating
- □ Watching a sporting event
- □ Hunting or fishing
- □ Working
- □ Finishing a job
- □ Starting your day
- □ Having a fight with family
- □ Feeling angry, sad, or nervous
- □ Feeling stressed or worried
- □ Feeling bored or alone
- □ Other: ______________________

Which of the following stressors, if any, are you dealing with now? (Check all that apply.)

- □ The death of someone close to you
- □ Loss of an important relationship
- □ Divorce or separation
- □ Major health problem
- □ New job
- □ Geographical move
- □ Important legal problem
- □ Other: ______________________
- □ None of the above