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An investigation on the effects of a visuospatial imagery task on smoking related craving

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Appendix A

Please state the degree to which you are currently experiencing the following states of mood by circling the appropriate numbers:

I crave a cigarette right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

Even if it were possible, I probably wouldn't smoke now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I am not missing smoking right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I would enjoy a cigarette right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

If I had a lit cigarette in my hand I probably wouldn't smoke it

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

Right now I am making plans to smoke

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I have no desire for a cigarette right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

A cigarette would not taste good right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I will smoke as soon as I get the chance

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

A cigarette would be very satisfying right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

If I were offered a cigarette, I would smoke it immediately

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I have an urge for a cigarette

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I don't want to smoke right now

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

Smoking a cigarette would not be pleasant

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

I am going to smoke as soon as possible

Strongly disagree 1 2 3 4 5 6 7 8 9 *Strongly agree*

Please state the degree to which you are currently experiencing the following states of mood by circling the appropriate numbers:

<i>Gloomy</i>	<i>Not at all</i>	1	2	3	4	5	6	7	8	9	<i>Very much</i>
<i>Glad</i>	<i>Not at all</i>	1	2	3	4	5	6	7	8	9	<i>Very much</i>
<i>Angry</i>	<i>Not at all</i>	1	2	3	4	5	6	7	8	9	<i>Very much</i>

Please tick the box of the appropriate answer:

1. How many cigarettes a day do you smoke?

1: 10 or less

2: 11 - 15

3: 16 - 20

4: 21 - 25

5: 26 or more

2. How long have you been a smoker?

1: Less than 1 year

2: 1 - 2 years

3: 2 - 5 years

4: 5 - 10 years

5: More than 10 years

3. How deeply do you inhale?

1: I do not inhale

2: Slightly

3: Moderately

4: Deeply

5: Very Deeply

4. How often do you smoke more in the morning than the rest of the day?

1: Never

2: Occasionally

3: About half the time

4: Most of the time

5: Always

5. How often do you smoke your first cigarette within 30 minutes of waking?

1: Never

2: Occasionally

3: About half the time

4: Most of the time

5: Always

6. How difficult would it be for you to give up your usual first cigarette of the day?

- 1: Not difficult
- 2: A little difficult
- 3: Somewhat difficult
- 4: Difficult
- 5: Extremely difficult

7. How difficult do you find it to refrain from smoking in places where it is forbidden?

- 1: Not difficult
- 2: A little difficult
- 3: Somewhat difficult
- 4: Difficult
- 5: Extremely difficult

8. How often do you smoke when you are sick with a cold, the flu, or are so ill that you are in bed most of the day?

- 1: Never
- 2: Occasionally
- 3: About half the time
- 4: Most of the time
- 5: Always

9. On average, about how much of each cigarette do you smoke?

- 1: Less than half
- 2: Half
- 3: Two thirds
- 4: Three quarters
- 5: All

10. On average, how often do you inhale?

- 1: Never
- 2: Occasionally
- 3: About half the time
- 4: Most of the time
- 5: Always

11. On average, how often do you hold cigarette smoke in your lungs for a moment or two before exhaling?

1: Never

2: Occasionally

3: About half the time

4: Most of the time

5: Always

12. Have you ever tried to quit smoking?

1: Never

2: Once or twice

3: A Few Times

4: Several Times

5: Frequently

13. Are you trying to cut down the amount that your smoke?

1: No

2: A little

3: By half

4: Most but not completely

5: Completely