

Smoking Self-efficacy Scale  
Short Form

Client ID# \_\_\_\_\_  
Date: \_\_\_\_/\_\_\_\_/\_\_\_\_  
Assessment Point: \_\_\_\_\_

Listed below are a number of situations that lead some people to smoke. I would like to know how confident you are that you would not smoke in each situation.

Circle the number that best describes your feelings of confidence to not smoke in each situation during the past week according to the following scale:

- 1 = Not at all confident
- 2 = Not very confident
- 3 = Moderately confident
- 4 = Very confident
- 5 = Extremely confident

Situation	Confident not to smoke				
	Not at all	Slightly	Moderately	Very	Extremely
1. With friends at a party.	1	2	3	4	5
2. When I first get up in the morning.	1	2	3	4	5
3. When I am very anxious and stressed.	1	2	3	4	5
4. Over coffee while talking and relaxing.	1	2	3	4	5
5. When I feel I need a lift.	1	2	3	4	5
6. When I am very angry about something or someone.	1	2	3	4	5
7. With my spouse or close friend who is smoking.	1	2	3	4	5
8. When I realize I haven't smoked for a while.	1	2	3	4	5
9. When things are not going my way and I am frustrated.	1	2	3	4	5