Smoking Decisional Balance Scale
Short Form

Client ID#		
Date:	_/	/
Assessment	Point:	

THE FOLLOWING STATEMENTS REPRESENT DIFFERENT OPTIONS ABOUT SMOKING. PLEASE RATE HOW IMPORTANT EACH STATEMENT IS TO YOUR DECISION TO SMOKE ACCORDING TO THE FOLLOWING FIVE POINT SCALE

1=Not important at all 2=Slightly important 3=Moderately important 4=Very important 5=Extremely important

PLEASE READ EACH STATEMENT AND CIRCLE THE NUMBER ON THE <u>RIGHT</u> TO INDICATE HOW YOU RATE ITS LEVEL OF IMPORTANCE AS IT RELATES TO YOUR MAKING A DECISION ABOUT WHETHER TO SMOKE AT THE PRESENT TIME.

	How important is this to me?	Importance in making a decision about smoking:						
		Not at all	Slightly	Moderately	Very	Extremely		
1)	Smoking cigarettes relieves tension.	1	2	3	4	5		
2)	I am embarrassed to have to smoke.	1	2	3	4	5		
3)	Smoking helps me concentrate and do better work.	1	2	3	4	5		
4)	My cigarette smoking bothers other people.	1	2	3	4	5		
5)	I am relaxed and therefore more pleasant when smoking.	1	2	3	4	5		
6)	People think I am foolish for ignoring the warnings about cigarette smoking.	1	2	3	4	5		