

Tobacco Use

Conditional question: Have you used tobacco in the past 12 months?

If yes:

Individuals differ in their abilities to handle the use of tobacco. For each item listed below, rate how well you handle the use of tobacco compared to other tobacco users.

Compared to other alcohol users, in the past 12 months, how well are you able to:	Far below average	Below average	Slightly below average	About average	Slightly above average	Above average	Far above average
1. Refrain from using tobacco in larger amounts than intended							
2. Refrain from using tobacco for longer periods of time than intended							
3. Reduce tobacco use at will							
4. Stop using tobacco at will							
5. Avoid spending a great deal of time obtaining tobacco							
6. Avoid spending a great deal of time using tobacco							
7. Avoid spending a great deal of time recovering from the effects of tobacco							
8. Control strong desires to use tobacco							
9. Control cravings for tobacco							
10. Avoid letting tobacco use negatively impact the quality of work							
11. Avoid letting tobacco use negatively impact performance at school							
12. Avoid letting tobacco use negatively impact role obligations at home							
13. Avoid letting tobacco use negatively impact social behaviors							
14. Avoid letting tobacco use negatively impact personal relationships							
15. Avoid letting tobacco use decrease motivation to attend to social activities							
16. Avoid letting tobacco use decrease motivation to attend to work activities							
17. Avoid letting tobacco use decrease motivation attend to recreational activities							
18. Refrain from using tobacco in situations where it can be physically hazardous (e.g., driving)							
19. Avoid tobacco if continued use would cause or worsen physical problems							

20. Avoid tobacco if continued use would cause or worsen psychological problems							
21. Achieve desired effect of tobacco with the same amount each time							
22. Feel effects of tobacco with the same amount each time							
23. Avoid taking tobacco to relieve withdrawal symptoms							
Compared to other cannabis users, when refrain from using cannabis, how well are you able to:	Far below average	Below average	Slightly below average	About average	Slightly above average	Above average	Far above average
24. Remain cheerful							
25. Limit feelings of stress or anxiety							
26. Concentrate							
27. Avoid eating more than usual							
28. Stay relaxed							
29. Maintain a good mood							
30. Follow a normal sleep schedule							