

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 RIGHT 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