

Jamison: Patient Education and Wellness

HANDOUT 16.2: SELF-ASSESSMENT: READINESS TO QUIT

Indicate whether the following statements are true or false or if you don't know.

| | | TRUE | FALSE |
|---|---|------|-------|
| A | If you have smoked for many years, it's not worth stopping now | | |
| B | Someone who has smoked for over 10 years won't be able to quit smoking | | |
| C | Smokers get short of breath more easily than non-smokers | | |
| D | Smoking is a risk factor for a heart attack | | |
| E | Smoking is a risk factor for a stroke | | |
| F | Quitting smoking can help after a heart attack | | |
| G | I worry about how my slipstream smoke may affect others | | |
| H | I am concerned that my children/friends may start smoking because of me | | |
| I | My smoking sets a bad example | | |
| J | I dislike the smell of stale tobacco | | |
| K | I worry about smoking giving me bad breath | | |
| L | I abhor nicotine-stained fingers | | |

Score your responses:

| | | TRUE | FALSE |
|---|---|------|-------|
| A | If you have smoked for many years, it's not worth stopping now. | 0 | ++ |
| B | Someone who has smoked for over 10 years won't be able to quit smoking | 0 | ++ |
| C | Smokers get short of breath more easily than non-smokers | + | 0 |
| D | Smoking is a risk factor for a heart attack | + | 0 |
| E | Smoking is a risk factor for a stroke | + | 0 |
| F | Quitting smoking can help after a heart attack | + | 0 |
| G | I worry about how my slipstream smoke may affect others | + | 0 |
| H | I am concerned that my children/friends may start smoking because of me | + | 0 |
| I | My smoking sets a bad example | + | 0 |
| J | I dislike the smell of stale tobacco | + | 0 |
| K | I worry about smoking giving me bad breath | + | 0 |
| L | I abhor nicotine-stained fingers | + | 0 |

If you scored 10 or more plusses, you are ready to quit.

If you selected more than 1 false or are uncertain on items A–G, you need to find out more about the health effects of smoking. See Handouts 16.3 & 16.4.