PhenX Toolkit

Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

Thoughts About Abstinence (TAA) Scale

1.   First, I'd like to know about how you feel about stopping smoking cigarettes at this time. On a scale from 1 to 10, with <u>1 representing no desire to quit</u>, give yourself a rating. Choose the number between 1 and 10 that best describes your own desire to stop smoking cigarettes at this time. Remember, the higher the number, the greater your desire.
[ ] 1
[ ] 2
[ ] 3
[ ] 4
[ ] 5
[ ] 6
[ ] 7
[ ] 8
[ ] 9
[ ] 10

2.   Now, I'd like to know how <u>successful</u> you expect to be quitting smoking cigarettes at this time. Be realistic about this, based on your past experiences and your present strength of motivation. On a scale from 1 to 10, with <u>1 representing the lowest expectation of success and 10 representing the highest expectation of success</u>, give yourself a rating of your own expectation of success in quitting smoking cigarettes. Remember the higher the number, the greater the expectation of success.
[ ] 1
[ ] 2
[ ] 3
[ ] 4
[ ] 5
[ ] 6
[ ] 7
[ ] 8
[ ] 9
[ ] 10

3. Now I'd like to know how difficult you think it will be for you to keep from smoking cigarettes after having quit. On a scale from 1 to 10, with 1 representing the lowest amount of difficulty and 10 representing the greatest amount of difficulty, give yourself a rating of how difficult you think it will be for you to quit and remain abstinent. Remember, the higher the number, the more difficult you think it will be for you to quit.
[ ] 1
[ ] 2
[ ] 3
[ ] 4
[ ] 5
[ ] 6
[ ] 7
[ ] 8
[ ] 9
[ ] 10

4. Lastly, I want to know the GOAL you have chosen for yourself about smoking cigarettes at this time.

Please read the goals listed on this page and mark an X next to the one goal that best represents your own goal at this time, and fill in blanks as indicated.

[ ] 1 I really don't have a clear goal in mind.
[ ] 2 I want to use cigarettes in a controlled manner–to be in control of how often I smoke and how much I smoke. I would like to limit that to no more than _____ (upper limit) per _____ (time).
[ ] 3 I want to be totally abstinent from all cigarette use for a period of time, after which I will make a new decision about whether or not I will smoke cigarettes again. For me, the time period I want to be abstinent for is: _____ (time).
[ ] 4 I don't want smoking cigarettes to be a habit for me anymore, but would like to be able to occasionally smoke cigarettes when I really have an urge.
[ ] 5 I want to quit smoking cigarettes once and for all, even though I realize I may slip up and smoke cigarettes once and a while.
[ ] 6 I want to quit smoking cigarettes once and for all, to be totally abstinent, and never smoke cigarettes ever again for the rest of my life.
[ ] 7 None of the above applies exactly to me. My own goal is:

    _____

_____

Protocol source: https://www.phenxtoolkit.org/protocols/view/590301