# Section 1: demographic information

|  |  |
| --- | --- |
| Age (in years) |  |
| Sex | **□** Male □ Female |
| Are you? | **□** Smoker **□** Ex-smoker  **□** Not a smoker and have never been a smoker |
| Ethnicity | **□** Arab **□** Kurd **□** Turkman **□** Other |
| province | **□** Al-Anbar **□** Dhi Qar **□** Karbala **□** Najaf  **□** Sulaymaniyah **□** Babylon **□** Diyala **□** Kirkuk  **□** Nineveh **□** Wasit **□** Baghdad **□** Dohuk  **□** Maysan **□** Qadisiyyah **□** Halabja **□** Basra  **□** Erbil (Arbil) **□** Al-Muthanna **□** Saladin **□** Outside Iraq |
| Marital status | **□** Single **□** Married **□** Divorced **□** widowed |
| Residency | **□** Urban **□** Rural |
| Are you currently an undergraduate college student? | **□** Yes **□** No |
| Field of study | **□** Medicine □ Dentistry **□** Pharmacology **□** Veterinary  **□** Nursing **□** Engineering **□** Medical technology  **□** Engineering technology **□** College of Science  **□** Law school **□** College of Education  **□** College of administrative technology **□** Humanitarian college  **□** Institute of medical technology **□** Institute of technology  **□** Other institutes **□** Other colleges | |
| Name of the university/college |  |

# Section 2A

|  |  |
| --- | --- |
| Which product did you use to smoke?  (You can choose more than one option) | □ Cigarettes □ E-cigarettes (vape or pod)  □ Hookah |
| Which one did you use to smoke most?  (Select one option) | □ Cigarettes □ E-cigarettes (vape or pod)  □ Hookah |
| Since when have you quit smoking? | **□** Less than 6 months **□** Between 6 months and a year  **□** A year or more |

## Reasons for quitting

**I have quit smoking because:**

|  |  |
| --- | --- |
| **0** | Not at all true |
| **1** | A little true |
| **2** | Moderately true |
| **3** | Quite true |
| **4** | Extremely true |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Items** | **Rating** | | | | |
| **1.** Because I am concerned that I will suffer from a serious illness if I don’t quit smoking | 0 | 1 | 2 | 3 | 4 |
| **2.** To show myself that I can quit smoking if I really want to | 0 | 1 | 2 | 3 | 4 |
| **3.** So that my hair and clothes won’t smell | 0 | 1 | 2 | 3 | 4 |
| **4.** Because my spouse, children, or other person I am close to will stop nagging me if I quit smoking | 0 | 1 | 2 | 3 | 4 |
| **5.** Because I have noticed physical symptoms that smoking is hurting my health | 0 | 1 | 2 | 3 | 4 |
| **6.** Because I will like myself better if I quit smoking | 0 | 1 | 2 | 3 | 4 |
| **7.** In order to save the money spent on expenses related to smoking, and not smoking itself (for example, the expenses of going to a café to smoke). | 0 | 1 | 2 | 3 | 4 |
| **8.** Because someone has given me an ultimatum (made a threat) to quit | 0 | 1 | 2 | 3 | 4 |
| **9.** Because I can graphically picture the effects that smoking has on my body | 0 | 1 | 2 | 3 | 4 |
| **10.** So that I can feel in control of my life | 0 | 1 | 2 | 3 | 4 |
| **11.** Because I won’t burn holes in clothing or furniture | 0 | 1 | 2 | 3 | 4 |
| **12.** Because I will receive a special gift if I quit | 0 | 1 | 2 | 3 | 4 |
| **13.** Because I have known other people who have died from serious illnesses that were caused by smoking | 0 | 1 | 2 | 3 | 4 |
| \*To indicate that you are attentive and you are choosing answers carefully, please choose “quite true” to this item | 0 | 1 | 2 | 3 | 4 |
| **14.** Because quitting smoking will prove that I can accomplish other things that are important to me | 0 | 1 | 2 | 3 | 4 |
| **15.** Because I want to save money that I spend on cigarettes, e-cigarettes, or hookah | 0 | 1 | 2 | 3 | 4 |
| **16.** Because people I am close to will be upset with me if I don’t quit | 0 | 1 | 2 | 3 | 4 |
| **17.** Because I am concerned that smoking will shorten my life | 0 | 1 | 2 | 3 | 4 |
| **18.** To prove to myself that I am not addicted to smoking | 0 | 1 | 2 | 3 | 4 |
| **19.** So that I won’t have to clean my house or car as often | 0 | 1 | 2 | 3 | 4 |
| **20.** Because I will receive a financial reward for quitting (money from a friend or Family member, bonus from work, etc.) | 0 | 1 | 2 | 3 | 4 |

## Scoring manual:

|  |  |
| --- | --- |
| **RFQ subscales** | **Scoring procedure** |
| Health concerns | Mean of 1, 5, 9, 13, 17 |
| Self-control | Mean of 2, 6, 10, 14, 18 |
| Immediate reinforcement | Mean of 3, 7, 11, 15, 19 |
| Social pressure | Mean of 4, 8, 12, 16, 20 |
| Intrinsic motives | Mean of means for health concerns and self-control |
| Extrinsic motives | Mean of means for Immediate reinforcement and social pressure |

# Section 2B

|  |  |
| --- | --- |
| Which product do you smoke?  (You can choose more than one option) | □ Cigarettes □ E-cigarettes (vape or pod)  □ Hookah |
| Which one do you smoke most?  (Select one option) | □ Cigarettes □ E-cigarettes (vape or pod)  □ Hookah |

## Smoking motivation

Below are a series of statements about smoking. Please rate your level of agreement for each using the following scale:

|  |  |
| --- | --- |
| **1** | Not true of me at all |
| **2** | Mostly not true of me |
| **3** | Slightly not true of me |
| **4** | Neutral |
| **5** | Slightly true of me |
| **6** | Mostly true of me |
| **7** | Extremely true of me |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Items** | **Rating** | | | | | | | |
| **1.** I often smoke without thinking about it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **2.** smoking controls me. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **3.** I usually want to smoke right after I wake up. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **4.** It’s hard to ignore an urge to smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **5.** The flavor of smoking is pleasant. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **6.** I frequently smoke to keep my mind focused. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **7.** I rely upon smoking to control my hunger and eating. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **8.** My life is full of reminders to smoke | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **9.** Smoking helps me feel better in seconds | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **10.** I smoke without deciding to. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **11.** Cigarettes or hookah keep me company, like a close friend | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **12.** There are particular sights and smells that trigger strong urges to smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **13.** Smoking helps me stay focused. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **14.** I frequently smoke without thinking about it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **15.** Most of my daily cigarettes or hookah taste good. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **16.** Sometimes I feel like smoking rules my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **17.** I frequently crave smoking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **18.** Most people I spend time with are smokers. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **19.** Weight control is a major reason that I smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **20.** Some of the cigarettes or hookah I smoke taste great. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **21.** I’m really hooked on smoking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **22.** Sometimes I feel like cigarettes or hookah are my best friends. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **23.** My urge to smoke keeps getting stronger if I don’t smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **24.** Seeing someone smoke makes me really want to smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **25.** I find myself smoking without thinking about it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **26.** I would feel alone without smoking. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **27.** A lot of my friends or family smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| \* To indicate that you are attentive and you are choosing answers carefully, please choose “sixth choice” to this item | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **28.** Other smokers will consider me a heavy smoker. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **29.** When I haven’t been able to smoke for a few hours, the craving gets intolerable. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **30.** Most of my friends and acquaintances smoke. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **31.** I smoke withing the first 30 minutes of awakening in the morning | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **32.** Smoking helps me think better. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **33.** Smoking really helps me feel better if I have been feeling down. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **34.** Smoking keeps me from overeating. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **35.** My smoking is out of control. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **36.** I consider myself a heavy smoker. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **37.** Even if I feel good, smoking helps me feel better. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

## Scoring manual:

|  |  |
| --- | --- |
| **Brief WISDM subscales** | **Scoring procedure** |
| Affiliative Attachment | Mean of 11, 22, 26 |
| Automaticity | Mean of 1, 10, 14, 25 |
| Loss of Control | Mean of 2, 16, 21, 35 |
| Cognitive Enhancement | Mean of 6, 13, 32 |
| Craving | Mean of 4, 17, 23, 29 |
| Cue Exposure | Mean of 8, 12, 24 |
| Social Goads | Mean of 18, 27, 30 |
| Taste | Mean of 5, 15, 20 |
| Tolerance | Mean of 3, 28, 31, 36 |
| Weight Control | Mean of 7, 19, 34 |
| Affective Enhancement | Mean of 9, 33, 37 |
| Primary Dependence Motives | Mean of means for Automaticity, Loss of Control, Craving, and Tolerance |
| Secondary Dependence Motives | Mean of means for Affiliative Attachment, Cognitive Enhancement, Cue Exposure, Social Goads, Taste, Weight Control, and Affective Enhancement |
| Total score | Sum of means for the 11 subscales (do not include the PDM or SDM scales) |

# Section 3A: Smoking dependance (for traditional cigarette users)

|  |  |  |
| --- | --- | --- |
| **Items** | **Response** | **Score** |
| **1.** How soon after waking, do you smoke your first cigarette? | Within 5 minutes | 3 |
| 5–30 minutes | 2 |
| 31–60 minutes | 1 |
| **2.** Do you find it difficult to refrain from smoking in places where it is forbidden? e.g. Church, Library, etc. | Yes | 1 |
| No | 0 |
| **3.** Which cigarette would you hate to give up? | The first in the morning | 1 |
| Any other | 0 |
| **4.** How many cigarettes a day do you smoke? | 10 or less | 0 |
| 11–20 | 1 |
| 21–30 | 2 |
| 31 or more | 3 |
| **5.** Do you smoke more frequently in the morning? | Yes | 1 |
| No | 0 |
| **6.** Do you smoke even if you are sick in bed most of the day? | Yes | 1 |
| No | 0 |

## Scoring manual:

|  |  |
| --- | --- |
| **Classification** | **Scores** |
| No dependence | 0 |
| Low dependence | 1, 2 |
| Low to moderate dependence | 3, 4 |
| Moderate dependence | 5 – 7 |
| High dependence | ≥8 |

# Section 3B: Smoking dependance (for e-cigarette users)

|  |  |  |
| --- | --- | --- |
| **Items** | **Response** | **Score** |
| **1.** How many times per day do you usually use your electronic cigarette? (Assume that one “time” consists of around 15 puffs or lasts around 10 minutes.) | 0–4 times/day | 0 |
| 5–9 | 0 |
| 10–14 | 1 |
| 15–19 | 1 |
| 20–29 | 2 |
| 30+ | 3 |
| **2.** Do you find it difficult to refrain from vaping in places where it is forbidden (e.g. in church, at the library, in the cinema)? | Yes | 1 |
| No | 0 |
| **3.** When would you hate most to give up e-cigarette use? | In the morning | 1 |
| During or after meals | 0 |
| During or after stressful situations | 0 |
| None of the above | 0 |
| **4.** On days that you can use your electronic cigarette freely, how soon after you wake up do you first use your electronic cigarette? | 0–5 mins | 3 |
| 6–15 | 2 |
| 16–30 | 2 |
| 31–60 | 1 |
| 61–120 | 0 |
| 121+ | 0 |
| **5.** Do you use your e-cigarette more frequently during the first two hours of the day than during the rest of the day? | Yes | 1 |
| No | 0 |
| **6.** Do you use your e-cigarette when you are so ill that you are in bed most of the day? | Yes | 1 |
| No | 0 |

## Scoring manual:

|  |  |
| --- | --- |
| **Classification** | **Scores** |
| No dependence | 0 |
| Low dependence | 1, 2 |
| Low to moderate dependence | 3, 4 |
| Moderate dependence | 5 – 7 |
| High dependence | ≥8 |

# Section 3C: Smoking dependance (for hookah users)

|  |  |  |
| --- | --- | --- |
| **Items** | **Response** | **Score** |
| **1.** How many times a day (if at all) do you smoke waterpipe? | < ½ a head or none | 0 |
| ½ a head to 1 head/day | 1 |
| > 1 head/day | 2 |
| **2.** If you smoke waterpipe, do you inhale when you smoke? | >30 mins after waking | 0 |
| Seldom or quite often | 1 |
| Always | 2 |
| **3.** How soon after you wake up do you smoke your first waterpipe? | >30 mins after waking | 0 |
| With the 1st 30 mins | 1 |
| **4.** Do you find it difficult to refrain from using tobacco in places where it is forbidden (e.g. Mosque, Church, library, school, movies)? | No | 0 |
| Yes | 1 |
| **5.** Do you use tobacco more frequently during the first hours after waking up than you do during the rest of the day? | No | 0 |
| Yes | 1 |
| **6.** Do you use tobacco more during the first 2 hours after waking up than during the rest of the day? | No | 0 |
| Yes | 1 |

## Scoring manual:

|  |  |
| --- | --- |
| **Classification** | **Scores** |
| Low dependence | 0, 1 |
| Moderate dependence | 2, 3 |
| High dependence | ≥4 |