

Reasons for Quitting Questionnaire

People who want to stop smoking marijuana may have several reasons for quitting. I am interested in finding out your reasons for wanting to quit.

There are no right or wrong reasons. Any reason is a good one. Below is a list of reasons that a person may have. Please read each statement and circle the number that best describes how much this reason applies to you at this time.

I want to quit smoking marijuana at this time...	Not at All	A Little Bit	Moderately	Quite a Bit	Very Much
1. To show myself that I can quit if I want to	0	1	2	3	4
2. Because I will like myself better if I quit	0	1	2	3	4
3. Because I won't have to leave social functions or other people's houses to smoke	0	1	2	3	4
4. So that I can feel in control of my life	0	1	2	3	4
5. Because my family and friends will stop nagging me if I quit	0	1	2	3	4
6. To get praise from people I'm close to	0	1	2	3	4
7. Because smoking marijuana does not fit in with my self-image	0	1	2	3	4
8. Because smoking marijuana is becoming less socially acceptable	0	1	2	3	4
9. Because someone has told me to quit or else	0	1	2	3	4
10. Because I will receive a special gift if I quit	0	1	2	3	4
11. Because of potential health problems	0	1	2	3	4
12. Because people I am close to will be upset if I don't quit	0	1	2	3	4
13. So that I can get more things done	0	1	2	3	4
14. Because I have noticed that smoking marijuana is hurting my health	0	1	2	3	4
15. Because I want to save the money I spend on marijuana	0	1	2	3	4

Reasons for Quitting Questionnaire (continued)

I want to quit smoking marijuana at this time...	Not at All	A Little Bit	Moderately	Quite a Bit	Very Much
16. To prove that I'm not addicted to marijuana	0	1	2	3	4
17. Because there is a drug-testing policy at work	0	1	2	3	4
18. Because I know others with health problems caused by smoking marijuana	0	1	2	3	4
19. Because I am concerned that smoking marijuana will shorten my life	0	1	2	3	4
20. Because of legal problems related to marijuana	0	1	2	3	4
21. Because I don't want to be a bad example for children	0	1	2	3	4
22. Because I want to have more energy	0	1	2	3	4
23. So that my hair and clothes won't smell like marijuana	0	1	2	3	4
24. So that I won't burn holes in clothes or furniture	0	1	2	3	4
25. Because my memory will improve	0	1	2	3	4
26. So that I will be able to think more clearly	0	1	2	3	4

Use the spaces below to list the three most important reasons for wanting to stop smoking marijuana. If any of the statements above are among your most important reasons, list them in the spaces below. Otherwise, write your own reasons.

27. My three most important reasons, in order of importance, for wanting to quit smoking marijuana are:

1. _____
2. _____
3. _____

Reasons for Quitting Questionnaire (continued)

Please check the box that applies to you.

- ☐ I have not yet quit smoking marijuana (answer only 28).
☐ I have stopped smoking marijuana already (answer only 29).

28. If you have not yet quit smoking marijuana, circle the number that indicates how ready you are RIGHT NOW to stop smoking marijuana.

0%-----20%-----40%-----60%-----80%-----100%
 ready ready
 to quit to quit

29. If you have stopped smoking marijuana already, circle the number that indicates how ready you are RIGHT NOW to remain abstinent.

0%-----20%-----40%-----60%-----80%-----100%
 ready ready
 to remain abstinent to remain abstinent

Reasons for Quitting Questionnaire Scoring Instructions

For a total Reasons for Quitting (RFQ) Score, add the number of items the client reported as a reason to quit smoking marijuana. Count only those responses coded as 2, 3, or 4 (moderately, quite a bit, or very much). Include any open-ended items in question 27 that are not in the list.

Items circled as 2, 3, or 4 by the client are his or her most relevant reasons for quitting marijuana. These items should be checked on part III of the Personal Feedback Report (form AS8).

For Office Use

RFQ Score: _____