

Readiness to Quit Questionnaire



Eligibility screening:

Inclusion criteria:	Yes	No
How many cigarettes do you smoke per day?		
Are you over 18 yrs?		
Are you willing to attend all study visits? They will all be conducted in Dublin (4-5 visits over 12 month period)		
Are you willing to give written informed consent?		
Do you have a good knowledge of English?		

If **NO** to any of the above subject must be excluded from the study

Exclusion criteria:	Yes	No
Are you undergoing treatment for alcohol or illicit drug abuse?		
Has a Doctor diagnosed you with acute cardiac or respiratory conditions?		
Has a Doctor diagnosed you with a serious psychiatric illness?		

If **YES** to any of the above subject must be excluded from the study

Randomisation:

- Are you Male Female
- What is your age? _____
- What is the highest level of education you have achieved?

Primary School Junior Certificate Leaving certificate College Degree



Please answer the questions below:

	Yes	No
Are you a smoker who is interested in quitting in the next month?		
Are you willing to set a quit date		
If yes to above questions would you like to enrol in the project <i>'Is Allen Carr's Easyway to Stop Smoking Programme superior to Smoking Cessation service delivered by Quit.ie? A randomised controlled trial</i>		
<p>How Ready Are You? (circle the appropriate number)</p> <p>Sliding scale</p> <p>1 = not at all 10 = Completely</p> <p>How important is it for you to Quit Smoking for good?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>How practical is it for you to Quit Now?</p> <p>1 2 3 4 5 6 7 8 9 10</p> <p>How confident are you to do what it takes to quit smoking For Good?</p> <p>1 2 3 4 5 6 7 8 9 10</p>		

Readiness to quit Assessment:

Total: _____