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| **About the Measure** | |
| **Protocol Id** | 710501 |
| **Domain:** | Tobacco Regulatory Research - Host: Social/Cognitive |
| **Measure:** | Motivation to Quit |
| **Definition:** | This item provides either single or multiple item protocols as quantitative measures of a smoker's motivation to quit. |
| **Purpose:** | These items assess the respondent's motivation to quit smoking. |
| **Essential PhenX Protocols:** | Cigarette Smoking Status - Adolescent [30603] Cigarette Smoking Status - Adult [30604] |
| **Related PhenX Protocols:** | Smoking Quit Attempts [71001] |
| **Measure Release Date:** | February 20, 2015 |

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| **About the Protocol** | |
| **Protocol Release Date:** | February 20, 2015 |
| **Protocol Review Date:** | February 20, 2015 |
| **PhenX Protocol Name:** | Motivation to Quit - Single Item |
| **Protocol Name From Source:** | Turner, L.R., et al. Motivation and reasons to quit: Predictive validity among adolescent smokers. AM J HEALTH BEHAV, 2004 |
| **Protocol Availability:** | Available |
| **Keywords:** | Smoking quit attempts; quitting smoking; motivation to quit smoking; Motivation; Smoking Cessation |
| **Description:** | This protocol is a single item measuring motivation to quit smoking among those who want to quit smoking. |
| **Specific Instructions:** | Current smoking status must be ascertained before implementing this protocol. Proceed only if subject is a current smoker. |
| **Protocol:** | How motivated are you to quit smoking on a scale where 1 = "not at all motivated" and 10 = "extremely motivated." |
| **Selection Rationale:** | This single-item assessment of motivation to quit has been shown to be related to cessation success in adults and adolescents. This item is also frequently used to screen smokers for smoking cessation trials. |
| **Source:** | Turner, L. R., & Mermelstein, R. M. (2004). Motivation and reasons to quit: Predictive validity among adolescent smokers. *American Journal of Health Behavior, 28*, 542-550. |
| **Language** | English |
| **Participant:** | 14 years old to adult. |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **Standards** |  |
| **General References:** | Turner, L. R., & Mermelstein, R. (2004). Motivation and reasons to quit: Predictive validity among adolescent smokers. *American Journal of Health Behavior*, *28*, 385-396. |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | None |
| **Requirements:** | |  |  | | --- | --- | | **Requirement Category** | **Required (Yes/No)** | | **Major equipment** | No | | **Specialized training** | No | | **Specialized requirements for biospecimen collection** | No | | **Average time of greater than 15 minutes in an unaffected individual** | No | |
| **Annotations for Specific Conditions:** | None |
| **Process and Review:** | Not applicable. |