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| **About the Measure** | |
| **Protocol Id** | 710502 |
| **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 - 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 - Multiple Item |
| **Protocol Name From Source:** | The Reasons for Quitting (RFQ) Questionnaire |
| **Protocol Availability:** | Available |
| **Keywords:** | Smoking quit attempts; quitting smoking; motivation to quit smoking; Motivation; Smoking Cessation |
| **Description:** | The Reasons for Quitting (RFQ) Questionnaire is a 20-item protocol developed to assess specific motivations for smoking cessation. The RFQ is based on an intrinsic-extrinsic model of motivation for smoking cessation with 10 intrinsic items (health concerns, self-control) and 10 extrinsic items (immediate reinforcement, social pressure). |
| **Specific Instructions:** | Current smoking status must be ascertained before implementing this protocol. Proceed only if the subject is a current or former smoker. This questionnaire is most appropriate for tobacco users who are in some way motivated to quit smoking. Some appropriate motivation cut-off should be decided on to determine that the questions are appropriate. However, it should be noted that researchers could also administer this questionnaire to smokers who are not interested in quitting and use introductory text used by Curry et al. (1997): "Even though you don’t want to quit smoking now, we are interested in finding out the various reasons why people may decide to quit. Read each item and decide whether it would be true for you."  Note that an adolescent version has also been developed (Myers & MacPherson, 2008), although there are little validation data to date. |
| **Protocol:** | Self-Administered  What are your reasons for wanting to quit smoking at this time? Below is a list of reasons that smokers may have for quitting. Read each reason and decide how much it applies to you right now. Then circle ONE number for each reason. Remember, there are no "right" or "wrong" reasons for wanting to quit smoking. Any reason is a good one!  Telephone Administered  *Past smokers:* This section is about reasons for quitting smoking. I am going to read you a list of twenty reasons that smokers may have for quitting. Please listen to each one and decide how true it was for you at the time you decided to quit. Then tell me if it was not at all true, a little true, moderately true, quite true, or extremely true when you decided to quit smoking.  *Current smokers who desire to quit:* This section is about reasons for quitting smoking. I am going to read you a list of twenty reasons that smokers may have for quitting. Listen to each one and decide whether it is not at all true, a little true, moderately true, quite true, or extremely true for you right now.  *Current smokers who do not wish to quit:* This section is about reasons for quitting smoking. Even though you don’t want to quit smoking now, we are interested in finding out the various reasons why people may decide to quit. I’m going to read you a list of twenty reasons that smokers may have for quitting. Listen to each one and decide whether it would be: not at all true, a little true, quite true, or extremely true for you if you were to decide to quit.  I WANT TO QUIT SMOKING:  1. Because I am concerned that I will suffer from a serious illness if I don’t quit smoking  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  2. To show myself that I can quit smoking if I really want to  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  3. So that my hair and clothes won’t smell  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  4. Because my spouse, children, or other person I am close to will stop nagging me if I quit smoking  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  5. Because I have noticed physical symptoms that smoking is hurting my health  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  6. Because I will like myself better if I quit smoking  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  7. So that I will save money on smoking-related costs such as dry cleaning  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  8. Because someone has given me an ultimatum (made a threat) to quit  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  9. Because I can graphically picture the effects that smoking has on my body  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  10. So that I can feel in control of my life  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  11. Because I won’t burn holes in clothing or furniture  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  12. Because I will receive a special gift if I quit  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  13. Because I have known other people who have died from serious illnesses that were caused by smoking  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  14. Because quitting smoking will prove that I can accomplish other things that are important to me  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  15. Because I want to save money that I spend on cigarettes  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  16. Because people I am close to will be upset with me if I don’t quit  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  17. Because I am concerned that smoking will shorten my life  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  18. To prove to myself that I am not addicted to cigarettes  [ ] 0 Not at all true  [ ] 1A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  19. So that I won’t have to clean my house or car as often  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  20. Because I will receive a financial reward for quitting (money from a friend or family member, bonus from work, etc.)  [ ] 0 Not at all true  [ ] 1 A little true  [ ] 2 Moderately true  [ ] 3 Quite true  [ ] 4 Extremely true  SCORING  Dimension Items  Intrinsic, Health Concerns 1, 5, 9, 13, 17  Intrinsic, Self-Control 2, 6, 10, 14, 18  Extrinsic, Immediate Reinforcement 3, 7, 11, 15, 19  Extrinsic, Social Pressure 4, 8, 12, 16, 20  COMPUTATION  We score the scaled as average ratings across the relevant sub-dimension items. Items with missing ratings can be excluded from the denominator. For example, the health concerns score = Sum of items (1 + 5 + 9 + 13 + 17)/5  If item #9 is missing data, the calculation would be the sum of items (1 + 5 + 13 + 17)/4  **Level of intrinsic relative to extrinsic motivation is calculated as a difference score with the extrinsic scale score subtracted from the intrinsic score.** |
| **Selection Rationale:** | The RFQ has good psychometrics, is multidimensional and that assesses Short-Term Consequences, Social Disapproval, and Long-Term Consequences motivations for quitting. |
| **Source:** | Reasons for Quitting (RFQ) Questionnaire  Curry, S., Wagner, E. H., & Grothaus, L. C. (1990). Intrinsic and extrinsic motivation for smoking cessation. *Journal of Consulting and Clinical Psychology, 58*, 310-316. |
| **Language** | English |
| **Participant:** | Adult |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **Standards** |  |
| **General References:** | Curry, S. J., Grothaus, L. C., & McBride, C. M. (1997). Reasons for quitting: Intrinsic and extrinsic motivation for smoking cessation in a population-based sample of smokers. *Addictive Behaviors, 22*(6), 727-739.  Curry, S. J., McBride, C. M., Grothaus, L. C., Lando, H. A., & Pirie, P. L. (2001). Motivation for smoking cessation among pregnant women. *Psychology of Addictive Behaviors, 15*(2), 126-132.  Curry, S. J., McBride, C., Grothaus, L. C., Louie, D., & Wagner, E. (1995). A randomized trial of self-help materials, personalized feedback and telephone counseling with non-volunteer smokers. *Journal of Consulting and Clinical Psychology, 63*(6), 1005-1014.  Curry, S., Wagner, E. H., & Grothaus, L. C. (1991). Evaluation of intrinsic and extrinsic motivation interventions with a self-help smoking cessation program. *Journal of Consulting and Clinical Psychology, 59*(2), 318-324.  Downey, L., Rosengren, D. B., & Donovan, D. M. (2001). Sources of motivation for abstinence: A replication analysis of the Reasons for Quitting Questionnaire. *Addictive Behaviors, 26*, 79-89.  McBride, C. M., Curry, S. J., Stephens, R., Wells, E. A., Roffman, R., & Hawkins, J. D. (1994). Intrinsic and extrinsic motivation for change in cigarette smokers, marijuana smokers and cocaine users. *Psychology of Addictive Behaviors, 8*(4), 243-250.  Myers, M. G., & MacPherson, L. (2008). Adolescent reasons for smoking: Initial psychometric evaluation. *Psychology of Addictive Behaviors, 22*, 129-134. |
| **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. |