



## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

### 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

1 [ ] A 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.**

Protocol source: <https://www.phenxtoolkit.org/protocols/view/710502>