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| **About the Measure** | |
| **Protocol Id** | 720101 |
| **Domain:** | Tobacco Regulatory Research - Host: Biobehavioral |
| **Measure:** | Amount, Type, and Frequency of Recent Cigarette Use |
| **Definition:** | The Timeline Follow-Back (TLFB) is a method to assess recent cigarette tobacco use. |
| **Purpose:** | To measure patterns of a person’s cigarette use. It provides detailed information about frequency and intensity of use. |
| **Essential PhenX Protocols:** |  |
| **Related PhenX Protocols:** | Alcohol - 30-Day Quantity and Frequency [30301] Cigarette Nicotine Dependence [31001] |
| **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:** | Amount, Type, and Frequency of Recent Cigarette Use |
| **Protocol Name From Source:** | The Timeline Followback (TLFB) |
| **Protocol Availability:** | Available |
| **Keywords:** | Co-occurring use; timeline follow-back; cigarette use; calendar; patterns of use; smoking; multiple products; TLFB; timeline follow back; frequency; cigarette |
| **Description:** | The TLFB (Timeline Followback) protocol can be used to track use of single or multiple products. It traditionally tracks cigarette use for 30 days and has also been used for marijuana, alcohol and other drugs. The TLFB can be administered by an interviewer, self-administered, or administered by computer. It involves asking clients to retrospectively estimate their tobacco use 7 days to 2 years prior to the interview date. For cigarettes, individuals are asked to estimate the number of cigarettes smoked per day. |
| **Specific Instructions:** | Select the appropriate calendar. Calendars for 2008-2018 are provided here: [link[www.nova.edu/gsc/online\_files.html#time\_followback|www.nova.edu/gsc/online\_files.html#time\_followback]]  To assess use in every day and someday smokers in a range of 14-30 days, insert the number of days you wish to assess in the protocol.  Although this question only asks about the use of cigarettes, the Biobehavioral Working Group feels that these questions can be asked about other tobacco products. When asking about multiple products, this protocol can identify co-occurring use of tobacco products. Specify each product you are asking about, for example:  **Cigarettes**: Specify the number of cigarettes you smoked each day  **Cigars:** Specify the number of large cigars, cigarillos, and little filtered cigars you smoked each day  **Pipes:** Specify the number of bowls filled with pipe tobacco that were smoked each day  **Hookah:** Specify the number of sessions in which you smoked hookah each day  **E-cigarettes:** Specify the number of e-cigarettes, e-cigarette cartridges, or milliliters of e-liquid you used each day (add these up if you used more than one type of e-cigarette product in a given day)  **Smokeless tobacco:** Specify the number of chews of chewing tobacco, dips of loose snuff, snuff pouches, or snus pouches that you used each day  **Dissolvables**: Specify the number of pieces of dissolvable tobacco you used each day  **Bidis:** Specify the number of bidis you smoked each day  **Kreteks**: Specify the number of kreteks (clove cigarettes from Indonesia) you smoked each day |
| **Protocol:** | |  | | --- | | ✓ **Instructions for Filling Out the Timeline Cigarette Use Calendar** |   To help us evaluate your cigarette use, we need to get an idea of what your smoking was like in the past \_\_\_\_ days. To do this, we would like you to fill out the attached calendar.  ✓ Filling out the calendar is not hard!  ✓ Try to be as accurate as possible.  ✓ We recognize you won’t have perfect recall. That’s OKAY.  ✓ **WHAT TO FILL IN**  •The idea is to record how many cigarettes you smoked for **each day** on the calendar.  •On days when you **did not smoke cigarettes**, not even one, you should write a "0."  **It’s important that something is written for every day, even if it is a 0".**  ✓ **YOUR BEST ESTIMATE**  •We realize it isn’t easy to recall things with 100% accuracy.  •If you are not sure whether you smoked 15 or 16 cigarettes or whether you smoked on a Thursday or a Friday, give it your best guess! What is important is that 15 or 16 cigarettes is very different from 1 cigarette. The goal is to get a sense of how frequently you smoked, how much you smoked, and your patterns of smoking.  ✓ **HELPFUL HINTS**  •If you have an appointment book you can use it to help you recall your use.  •Holidays such as Thanksgiving and Christmas are marked on the calendar to help you recall your smoking. Also, think about how much you smoked on personal holidays & events such as birthdays, vacations, or parties.  •If you have **regular patterns to your smoking**, you can use these to help you recall your use. For example, some people may only smoke during social situations.  ✓ **COMPLETING THE CALENDAR**  •A blank calendar is attached. Write in the number of cigarettes you smoked on **each day**.  • The time period we are talking about on the calendar is  **from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**  •In estimating the number of cigarettes you smoked, be as accurate as possible.  •**DOUBLE CHECK THAT ALL DAYS ARE FILLED IN BEFORE RETURNING THE CALENDAR.**  • Before you start look at the **SAMPLE CALENDAR**.  ✓ **SAMPLE CALENDAR**   |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | 2000 | SUN | MON | TUES | WED | THURS | FRI | SAT | | S E P T |  |  |  |  |  | 1  20 | 2  0 | | 3  20 | 4 Labor Day  20 | 5  23 | 6  28 | 7  21 | 8  20 | 9  23 | | 10  20 | 11  20 | 12  20 | 13  28 | 14  25 | 15  0 | 16  24 | | 17  20 | 18  20 | 19  20 | 20  20 | 21  22 | 22  22 | 23  24 | | 24  21 | 25  22 | 26  26 | 27  24 | 28  23 | 29  0 | 30  22 | |
| **Selection Rationale:** | A timeline follow-back provides a validated way to assess an individual’s patterns of tobacco use over extended timeframes. |
| **Source:** | Sobell, L. C., Sobell, M. B., Buchan, G., Cleland, P. A., Fedoroff, I., & Leo, G. I. (1996, November). *The reliability of the Timeline Followback method applied to drug, cigarette, and cannabis use*. Presented at the 30th annual meeting of the Association for Advancement of Behavior Therapy. New York, NY.  [link[www.nova.edu/gsc/online\_files.html#time\_followback|www.nova.edu/gsc/online\_files.html#time\_followback]] |
| **Language** | English |
| **Participant:** | Males & females 14 years and over |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | Calendar |
| **Standards** |  |
| **General References:** | None |
| **Mode of Administration:** | Interviewer-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** | Yes | |
| **Annotations for Specific Conditions:** | None |
| **Process and Review:** | Not applicable. |