

## ***Appendix I: The WHY Test***

Next to the following statements, mark the number that best describes your own experience.

1 = Never	2 = Rarely	3 = Once in a while	4 = Most of the time	5 = Always
<input type="checkbox"/>	A.	I smoke to keep myself from slowing down.		
<input type="checkbox"/>	B.	Handling a cigarette is part of the enjoyment of smoking it.		
<input type="checkbox"/>	C.	Smoking is pleasant and relaxing.		
<input type="checkbox"/>	D.	I light up a cigarette when I feel angry about something.		
<input type="checkbox"/>	E.	When I'm out of cigarettes, it's near-torture until I can get them.		
<input type="checkbox"/>	F.	I smoke automatically, without even being aware of it.		
<input type="checkbox"/>	G.	I smoke when other people around me are smoking.		
<input type="checkbox"/>	H.	I smoke to perk myself up.		
<input type="checkbox"/>	I.	Part of enjoying smoking is preparing to light up.		
<input type="checkbox"/>	J.	I get pleasure from smoking.		
<input type="checkbox"/>	K.	When I feel uncomfortable or upset, I light up a cigarette.		
<input type="checkbox"/>	L.	I'm very much aware of it when I'm not smoking a cigarette.		
<input type="checkbox"/>	M.	I often light up a cigarette while one is still burning in the ashtray.		
<input type="checkbox"/>	N.	I smoke cigarettes with friends when I'm having a good time.		
<input type="checkbox"/>	O.	When I smoke, part of my enjoyment is watching the smoke as I exhale it.		
<input type="checkbox"/>	P.	I want a cigarette most often when I am comfortable and relaxed.		
<input type="checkbox"/>	Q.	I smoke when I'm "blue" and want to take my mind off what's bothering me.		
<input type="checkbox"/>	R.	I get a real craving for a cigarette when I haven't had one in a while.		
<input type="checkbox"/>	S.	I've found a cigarette in my mouth and haven't remembered that it was there.		
<input type="checkbox"/>	T.	I always smoke when I'm out with friends at a party, bar, etc.		
<input type="checkbox"/>	U.	I smoke cigarettes to get a lift.		