PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

CANADIAN PHARMACISTS ASSOCIATION
ASSOCIATION DES PHARMACIENS DU CANADA

Date_____

Name_____

THE WHY TEST

This test will identify some of the reasons you smoke. 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

- ☐ **A** I smoke to keep myself from slowing down
- ☐ **B** Handling a cigarette is part of the enjoyment of smoking it.
- ☐ **C** Smoking is pleasant and relaxing.
- ☐ **D** I light up a cigarette when I feel uncomfortable, angry, or upset about something.
- ☐ **E** When I'm out of cigarettes, it's near torture until I can get more.
- ☐ **F** I smoke automatically, without even being aware of it.
- ☐ **G** I smoke when other people are around me are smoking.
- ☐ **H** I smoke to perk myself up.
- ☐ **I** Part of enjoying smoking is preparing to light up.
- ☐ **J** I get pleasure from smoking.
- ☐ **K** When I feel uncomfortable or upset, I light up a cigarette.
- ☐ **L** I'm very much aware of it when I'm not smoking a cigarette
- ☐ **M** I often light up a cigarette while one is still burning in the ashtray.
- ☐ **N** I smoke cigarettes with friends when I'm having a good time.
- ☐ **O** When I smoke, part of my enjoyment is watching the smoke as I exhale it.
- ☐ **P** I want a cigarette most often when I am comfortable and relaxed.
- ☐ **Q** I smoke when I'm "blue" and want to take my mind off what's bothering me.
- ☐ **R** I get a real craving for a cigarette when I haven't had one in a while
- ☐ **S** I've found a cigarette in my mouth and haven't remembered that it was there.
- ☐ **T** I always smoke when I'm out with friends at a party, bar, etc.
- ☐ **U** I smoke cigarettes to get a lift.

Source: Wilson DMC, Lindsey EA, Best JA, Gilbert JR, Wilms DG, Singer J. A smoking cessation intervention for family physicians. *Can Med Assoc J* 1987L137(7(L613-19. Reprinted with permission from: Approaching Smoking in Pregnancy: *A Guide for Health Progessionals*. College of Family Physicians of Canada, 1998.

THE WHY TEST SCORECARD

Write the number you put beside each letter in the WHY test beside the same letter in the scorecard. For example, if you marked "3" beside question "A" on the test, put a "3" beside the letter "A" on the scorecard. Then, add up the numbers to get totals for each category.

A ☐
H ☐ Total ☐
U ☐

"IT STIMULATES ME"
Stimulation—With a high score here, you feel that smoking gives you energy, keeps you going. So think about alternatives that give you energy, such as washing your face, brisk walking.

B ☐
I ☐ Total ☐
O ☐

"I WANT SOMETHING IN MY HAND"
Handling—There are a lot of things you can do with your hands without lighting up. Try doodling with a pencil, knitting, or get a "dummy" cigarette you can play with.

C ☐
J ☐ Total ☐
P ☐

"IT FEELS GOOD"
Pleasure/Relaxation—A high score means that you get a lot of physical pleasure out of smoking. Various forms of exercise can be effective alternatives. People in this category may be helped by the use of breathing techniques.

D ☐
K ☐ Total ☐
Q ☐

"IT'S A CRUTCH"
Pleasure/Relaxation—Finding cigarettes to be comforting in moments of stress can make stopping tough, but there are many better ways to deal with stress. Learn to use relaxation, breathing or another technique for deep relaxation instead.

E ☐
L ☐ Total ☐
R ☐

"I'M HOOKED"
Addiction—In addition to having a psychological dependence to smoking, you may also be physically addicted to nicotine. It's a hard addiction to break, but it can be done. The withdrawal from the physical addiction is worst in the first 3-5 days, then it gets better. Most of the symtoms pass by 2 weeks. Choose between gradual reduction or cold turkey approaches to quitting. .

F ☐
M ☐ Total ☐
S ☐

"IT'S PART OF MY ROUTINE"
If cigarettes are part of your routine, one key to success is being aware of every cigarette you smoke. Keeping a diary or writing down every cigarette on the inside of your cigarette pack is a good way to do it.

G ☐
N ☐ Total ☐
T ☐

"I'M A SOCIAL SMOKER"
Social Smoker—You smoke in social situations, when people around you are smoking and when you are offered cigarettes. It is important for you to remind others that you are a non-smoker. You may want to change your social habits to avoid the "triggers" which may lead to smoking again.

Circle your highest totals. The highest total tell you the likely reasons you smoke.

CATEGORY SPECIFIC TIPS ON HOW TO QUIT

Stimulation

- If you scored high in this category, your brain prefers the stimulating effects of nicotine.
- When you quit, you need to find substitutes that stimulate. For example:
  - take a brief walk, ride a bike, do calisthenics, or simply make yourself busy around the house.
- Plan ahead. Organize your day ahead of time so you won't need a cigarette to get going.
- Chew sugar-free gum, or carrot sticks, rinse with mouthwash, or brush your teeth to give your tongue and mouth some stimulation.
- Avoid fatigue. With plenty of sleep, you won't need a stimulant to get you going.

Handling

- A high score here means you like to handle a cigarette or watch the smoke. There may be other parts of the ritual of smoking that are also habit forming for you. Luckily there are many ways to keep your hands busy (the last four mentioned here are even constructive).
  - wear a rubber band around your wrist and snap it.
  - doodle with a pen or pencil when you're on the phone, in meetings, etc.
  - handle a coin or polished rock or play with a paper clip.
  - do a crossword or jigsaw puzzle.
  - squeeze a small ball (also great for your wrist muscles).
  - clean or polish your fingernails.
  - knit, sew, or crochet (you'll be way ahead on birthday and holiday presents).

Pleasure

- If you scored high in this category, you just have to find other pleasures. Here are some alternatives:
  - keep a list of the pleasures of being a non-smoker (smell great, extra money, taste food, etc.).
  - substitute another pleasure such as mix with friends, going to the movies, or reading .
  - get involved in a sport or another hobby - you'll be surprised how good you feel.
  - treat yourself to something special.
  - contemplate the harmful effects of smoking. You may find that's enough to help you quit.

Relaxation/Tension Reduction

- Many smokers use their habit as a crutch in moments of discomfort. If you're this type, you may find it easy to quit when things are good, but tough when things go wrong.
- Activity is a great tension reducer and distraction. Exercise clears stress chemicals from the body. Get out there and find an exercise you could love.
- Consider learning meditation, yoga, and other stress relieving hobbies.
- Try some deep breathing exercise. (Believe it or not, they do work for many people). Or feel free to talk to your health care professional about other relaxation techniques.
- Think about what you really need when you're upset. Talk with a friend.

Craving

- If you scored high in this category, you're not unusual. Your craving for another cigarette begins to build the moment you put one out. Is the craving psychological, physical, or both? If you crave nicotine, your nicotine receptors in the brain make you uncomfortable and irritable when the level of nicotine in your blood drops. Strongly consider using nicotine replacement products (patch, gym, etc.) if cravings keep you from stopping your tobacco.
- In addition, reorder your day to avoid situations that trigger your smoking urge. For example, change your morning routine and your work habits, alter your driving route, etc.
- Stay busy! Don't allow yourself to have gaps of unprogrammed time.

Habit

- Once smoking becomes habitual, you smoke automatically. Chances are you enjoy only a fraction of the cigarettes you smoke. You have established many "Pavlovian" triggers in your brain. Smoking is linked to driving, coffee, telephones and all sorts of daily habits.
- Disconnect the Pavlonian behaviors. Declare the house smoke-free! Throw away your cigarettes, ashtrays, etc.
- If your spouse or friends smoke, designate a portion of your home as smoke-free.
- Chew sugar-free gum.
- Go to places where smoking is prohibited - public buildings, movies, theatres, libraries, etc.
- Substitute a different behavior when you are bored. Take a soothing bath or shower or listen to music.
- Have your car cleaned. Wash out the ashtray and fill it with toothpicks.
- Have the inside of your house - drapes, carpets, furniture - thoroughly cleaned.