PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

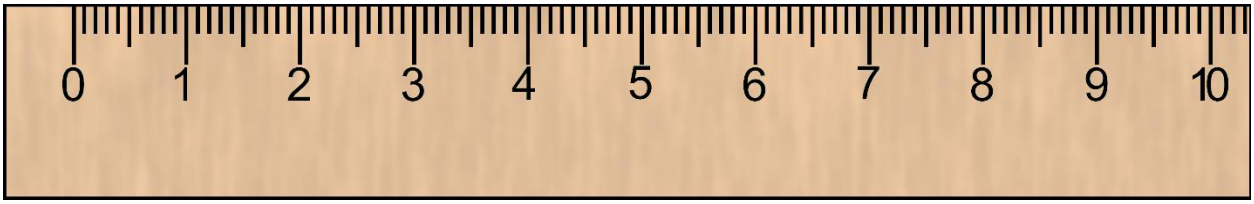
PHARMACY ASSOCIATION OF SASKATCHEWAN

Readiness Ruler

Importance:

"On a scale from 1-10, with 10 being extremely important, how important is it to you that you quit using tobacco?"

Not at All Important Somewhat Important Extremely Important



Follow up questions:

"What makes you say you are a 5 and not a 3?" (Elicits motivational statements and can be used to discuss reasons to quit)

"What would it take to get you 9 or 10?" (Elicits barriers and can be used to talk about how to overcome those barriers)

"If you decide to quit smoking/chewing tobacco, how would you benefit?"

Examples:

More physically fit for sports like volleyball, soccer, jogging, etc

Wouldn't smell like smoke

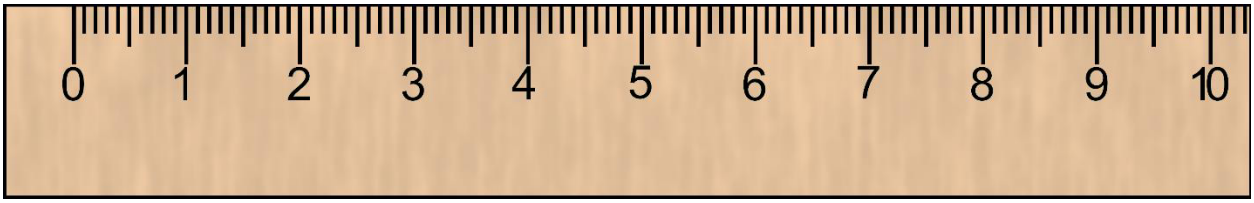
Teeth would be whiter

Would have more money to buy stuff like video games, clothes, movie tickets, save for a car

Confidence:

“On a scale from 1 to 10, with 10 being extremely confident, how confident are you that you could quit using tobacco?”

Not at All Confident Somewhat Confident Extremely Confident



Follow Up Questions:

“What needs to happen to make you a 7 instead of a 5?” (Helps identify perceived barriers)

“How do you think you could overcome this barrier?” (as identified above)