

## Why Some People Smoke and Others Don't

Many people try smoking, but not everyone continues to smoke. In this study we are trying to find clues about environmental and genetic factors that may influence whether a person becomes a regular (daily) smoker. Please do your best to answer each question thoroughly. Each question was chosen carefully, and is designed to increase our understanding of why some people become smokers and others don't.

**CIRCLE THE BEST ANSWER FOR EACH QUESTION.**

Today's Date:

MM / DD / YYYY

**Definitions**  
The terms below are used throughout this survey. This list of definitions is provided for your easy reference.

**Regular smoker:** A person who smokes every day or almost every day for 30 days straight.  
**Intermittent smoking phase:** The period when a person is first starting to smoke, beginning with the time they smoke their first complete cigarette and extending until they either become a regular smoker or quit.  
**Parents/guardians:** Adults who had regular responsibility for raising you. (Can include parents, step-parents, or other caregivers.)

### Your smoking and non-smoking practices and attitudes

**Your smoking history**  
The following questions ask about how much you currently smoke, if at all, as well as how much you have smoked in your lifetime.

- About how many cigarettes have you smoked in your entire life?
  - 10 cigarettes or less
  - 11 - 100 cigarettes (up to 5 packs)
  - More than 100 cigarettes (more than 5 packs)
- At any time in your life, have you smoked 1 or more cigarettes per day for 30 days straight?
  - Yes
  - No

--	--	--	--	--

- Do you currently use any of the following tobacco or nicotine products: chewing tobacco or snuff, cigars, tobacco pipes, pipe cigarettes or bids, nicotine replacement products such as gum or patch, or any other tobacco products besides cigarettes?
  - Yes
  - No

- When was the last time you smoked?
  - Over 12 months (1 year) ago → GO TO QUESTION #12
  - Between 1 and 12 months (1 year) ago → GO TO QUESTION #12
  - Within the last 30 days (1 month) → GO TO QUESTION #5

- During the past 30 days (1 month) on how many days did you smoke cigarettes?
  - Every day or almost every day
  - Some days
  - No days

- How soon after you wake up do you smoke your first cigarette?
  - After 60 minutes
  - 31-60 minutes
  - 6-30 minutes
  - Within 5 minutes

- Do you find it difficult to refrain from smoking in places where it is forbidden?
  - No
  - Yes

- Which cigarette would you hate most to give up?
  - The first cigarette in the morning
  - Any other

- How many cigarettes per day do you smoke?
  - 10 or less
  - 11-20
  - 21-30
  - 31 or more

- Do you smoke more frequently during the first hours after awakening than during the rest of the day?
  - No
  - Yes

- Do you smoke even if you are so ill that you are in bed most of the day?
  - No
  - Yes

--	--	--	--	--

WHY SOME PEOPLE SMOKE AND OTHERS DON'T

**Experimental Smoking**

The next questions refer to your experimental smoking phase, the time when you were first starting to smoke. This phase begins when you first smoke a complete cigarette and extends until you either become a regular (daily or almost daily) smoker or quit.

12. How old were you when you first tried a cigarette, even a single puff?

- a. I have never smoked cigarettes
- b. 7 years old or younger
- c. 8 or 9 years old
- d. 10 or 11 years old
- e. 12 or 13 years old
- f. 14 or 15 years old
- g. 16 or 17 years old
- h. 18 - 21 years old
- i. 22 years old or older

13. How old were you when you first smoked an entire cigarette?

- a. I have never smoked cigarettes
- b. 7 years old or younger
- c. 8 or 9 years old
- d. 10 or 11 years old
- e. 12 or 13 years old
- f. 14 or 15 years old
- g. 16 or 17 years old
- h. 18 - 21 years old
- i. 22 years old or older

14. About how long did your experimental smoking phase last?

- If you are a current non-smoker, please indicate the length of time you experimented with smoking before you stopped completely.
- If you are a current smoker, please indicate the amount of time you experimented with smoking before becoming a regular (daily or almost daily) smoker.
- a. Less than 1 month
- b. At least 1 month, but less than 6 months
- c. At least 6 months, but less than 12 months (1 year)
- d. At least 1 year, but less than 2 years
- e. At least 2 years, but less than 4 years
- f. 4 years or more
- g. Don't know/not sure

				3
--	--	--	--	---

WHY SOME PEOPLE SMOKE AND OTHERS DON'T

15. During your experimental smoking phase, you may have smoked more frequently at some times and less frequently at others. When you were smoking most frequently during this phase, about how often did you smoke?

- a. Daily or almost daily
- b. At least weekly, but less than daily
- c. At least monthly, but less than weekly
- d. Less than monthly
- e. Don't know/not sure

16. During your experimental smoking phase, you may have smoked more cigarettes at some times than others. When you were smoking the most during this phase, about how many cigarettes did you smoke on days when you did smoke?

- a. Less than 1 cigarette per day
- b. 1 cigarette per day
- c. 2-5 cigarettes per day
- d. 6-10 cigarettes per day
- e. 11-20 cigarettes per day
- f. 21 or more cigarettes per day
- g. Other

17. During your experimental smoking phase, where did you usually smoke? (Select only one response.)

- a. At home
- b. At school
- c. At work
- d. At friends' homes
- e. At social events
- f. In public places (e.g. parks, shopping centers, street corners)

18. During your experimental smoking phase, did you experience any of the following regularly?

- |                                       | Yes                      | No                       | Don't know/not sure      |
|---------------------------------------|--------------------------|--------------------------|--------------------------|
| A pleasurable feeling                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A "buzz"                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A good taste in your mouth            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A bad taste in your mouth             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A relaxed feeling                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| An increase in focus or concentration | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A decrease in stress                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A craving for cigarettes              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| A decrease in appetite                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

				4
--	--	--	--	---

19. During your experimental smoking phase, did you believe that smoking cigarettes could be harmful to your health?

- a. Yes
- b. No
- c. Don't know, not sure

20. During your experimental smoking phase, did you believe that you could become addicted to smoking cigarettes?

- a. Yes
- b. No
- c. Don't know, not sure

21. During your experimental smoking phase, did you think that smoking was "cool"?

- a. Yes
- b. No
- c. Don't know/not sure

22. During your experimental smoking phase, did you use any of the following tobacco or nicotine products? Chewing tobacco or snuff, cigars, tobacco pipes, dove cigarettes or bids, nicotine replacement products such as gum or patch, or any other tobacco products besides cigarettes.

- a. Yes
- b. No

**Regular smoking**  
After going through your experimental smoking phase, you then either stopped smoking or went on to become a regular smoker. Regular smokers have smoked daily or almost daily for 30 days straight.

23. When did you first become a regular smoker?

- a. I have never been a regular smoker
- b. Before age 10
- c. 10-13 years old
- d. 14-17 years old
- e. 18-21 years old
- f. 22 years or older

				5
--	--	--	--	---

24. Why did you become a regular smoker? (Check up to 3 reasons)

- a. I have never been a regular smoker
- b. I craved cigarettes if I didn't smoke regularly
- c. I was around smokers a lot of the time
- d. I found smoking pleasurable
- e. I got a "buzz" when I smoked
- f. I enjoyed the taste
- g. Smoking relaxed me
- h. Smoking helped me focus and concentrate better
- i. Smoking made me feel less stressed
- j. I smoked to fit in with other people
- k. I liked the image of a smoker
- l. Smoking helped me control my weight
- m. Since others in my family smoked, it was easy to see myself as a smoker too
- n. Other: \_\_\_\_\_

25. Why didn't you become a regular smoker? (Check up to 3 reasons)

- a. I did become a regular smoker
- b. I didn't enjoy smoking
- c. Smoking cigarettes made me feel sick
- d. I didn't like the taste and/or the smell of cigarettes
- e. I didn't want to become addicted to nicotine
- f. I was concerned about the effects of smoking on my health
- g. I was concerned about the effects of any smoking on the health of the people around me
- h. I stopped hanging out with people who were smokers
- i. I was encouraged to stop smoking by my friends
- j. I was discouraged to stop smoking by an adult such as my parents/guardians, a teacher, or a doctor
- k. I didn't like the image of being a smoker
- l. It was hard for me to obtain cigarettes
- m. I couldn't afford to buy cigarettes
- n. I had trouble finding places I could smoke
- o. Since I grew up in a non-smoking family, I just couldn't see myself as a smoker
- p. Other: \_\_\_\_\_

				6
--	--	--	--	---



- 38. During your experimental smoking phase, did any of your closest friends smoke cigarettes?
  - None of them
  - Some of them
  - Most or all of them
  - Don't know/not sure

- 39. During your experimental smoking phase, did people your age think that smoking was "cool"?
  - None of them
  - Some of them
  - Most or all of them
  - Don't know/not sure

- 40. During your experimental smoking phase, did any of your friends think that smoking was "cool"?
  - None of them
  - Some of them
  - Most or all of them
  - Don't know/not sure

**School**

These questions are about your school environment and what you learned about smoking in your classes (from kindergarten through 12<sup>th</sup> grade).

- 41. When you were in school, were you taught about the dangers of smoking (for example, lung cancer, heart disease, fire hazards)?
  - Yes
  - No
  - I did not attend school
  - Don't know/not sure

- 42. When you were in school, did you discuss the reasons why people smoke in any of your classes?
  - Yes
  - No
  - I did not attend school
  - Don't know/not sure

- 43. When you were in school, were you taught about the side effects of smoking, such as making teeth yellow, causing wrinkles, or making smokers smell bad?
  - Yes
  - No
  - I did not attend school
  - Don't know/not sure

				9
--	--	--	--	---

- 44. In what grades did you discuss smoking and health in your classes at school? (Check all that apply.)
  - Kindergarten to 6<sup>th</sup> grade
  - 7<sup>th</sup> to 9<sup>th</sup> grade
  - 10<sup>th</sup> to 12<sup>th</sup> grade
  - I did not discuss this in school
  - Don't know/not sure

- 45. When you were in high school, were there designated smoking areas for students?
  - I did not attend high school
  - Yes
  - No
  - Don't know/not sure

- 46. When you were in school, were adults such as teachers and administrators allowed to smoke at the school?
  - Yes
  - No
  - Don't know/not sure

**Work**

These questions are about smoking behaviors and attitudes at your place of work during your experimental smoking phase.

- 47. During your experimental smoking phase, did you work at a job for at least 10 hours per week?
  - Yes
  - No
  - Don't know/not sure

- 48. During your experimental smoking phase, were you serving on active duty in the military?
  - Yes
  - No
  - Don't know/not sure

- 49. During your experimental smoking phase, was smoking allowed in any of the following areas in your workplace? (Check all that apply.)
  - In my work area
  - In common areas (lobbies, rest rooms, lunch rooms)
  - In designated smoking areas
  - Don't know/not sure
  - Smoking was not allowed anywhere in my workplace
  - I was not working during my experimental smoking phase

				10
--	--	--	--	----

50. During your experimental smoking phase, how many of your co-workers smoked?
- I was not working during my experimental smoking phase
  - All or most of my co-workers smoked
  - Some of my co-workers smoked
  - None of my co-workers were smokers
  - Don't know/not sure

**Religion and ethnicity**

These questions are about the smoking behaviors and attitudes of the religious and ethnic communities you belonged to when you were growing up.

51. When you were growing up, did the religious community you belonged to have a general attitude toward smoking tobacco?
- I did not belong to a religious community
  - My religious community did not approve of smoking
  - My religious community did not have a dominant attitude toward smoking
  - Smoking was accepted by my religious community
  - My religious community used tobacco in its ceremonies
  - Don't know/not sure
52. When you were growing up, did the ethnic community you belonged to have a general attitude toward smoking tobacco?
- I did not belong to an ethnic community
  - My ethnic community did not approve of smoking
  - My ethnic community did not have a dominant attitude toward smoking
  - Smoking was accepted by my ethnic community
  - Don't know/not sure

**Advertising and the media**

These questions are about the influences of the media on your smoking behavior when you were growing up.

53. While you were growing up, how often did you see or hear anti-smoking messages on television, radio, billboards, posters, newspapers, magazines, or movies?
- Never
  - Sometimes
  - A lot
  - Don't know/not sure
54. While you were growing up, how often did you see smoking advertisements on television, radio, billboards, posters, newspapers, and magazines?
- Never
  - Sometimes
  - A lot
  - Don't know/not sure

--	--	--	--	--

55. While you were growing up, how often did you see actors smoking when you watched TV, movies, or videos?
- Never
  - Sometimes
  - A lot
  - I didn't watch TV, movies, or videos
  - Don't know/not sure

**Public policy**

These questions focus on how public policies can affect smoking behavior.

56. During your experimental smoking phase, were you influenced by the warning labels on cigarette packages?
- They influenced me to quit smoking
  - They made me worry about my smoking
  - They had no effect
  - They amused me
  - They angered me
  - There were no warning labels on cigarette packages
  - Don't know/not sure
57. During your experimental smoking phase, how did you get your cigarettes? (Check all that apply.)
- I bought them in a store
  - I bought them from a vending machine
  - I gave someone else money to buy them for me
  - Someone else gave them to me
  - I stole them
  - I was given a free sample to try
  - I bought them from a catalog
  - I bought them over the Internet
  - Other: \_\_\_\_\_

58. During your experimental smoking phase, was there a minimum legal age for buying cigarettes?
- Yes
  - No
  - Don't know/not sure

59. During your experimental smoking phase, was it easy for you to get cigarettes?
- Yes
  - Somewhat
  - No
  - Don't know/not sure

--	--	--	--	--

60. During your experimental smoking phase, did anyone refuse to sell you cigarettes because of your age?
- a. No
  - b. Sometimes
  - c. Often
  - d. I did not try to buy cigarettes
  - e. Don't know/not sure

61. During your experimental smoking phase, could you usually afford cigarettes?
- a. Yes
  - b. No
  - c. I did not try to buy cigarettes
  - d. Don't know/not sure

You and your life during your teen years

62. As a teen, do you think you had a healthy lifestyle?

- a. Yes
- b. Somewhat
- c. No
- d. Don't know/not sure

63. As a teen, how often did you eat fruits and vegetables?

- a. Less than 1 serving a day
- b. Usually 1 serving a day
- c. Usually 2-3 servings a day
- d. Usually 4-5 servings or more a day
- e. Don't know/not sure

64. As a teen, did you have a healthy diet? A healthy diet contains a wide variety of foods and is high in fruits and vegetables, lean protein, low-fat dairy products, and whole grains. It is low in sugar, fat, and salt.

- a. Not at all
- b. Some of the time
- c. Most or all of the time
- d. Don't know/not sure

65. As a teen, how often did you get moderate to vigorous exercise (for example, fast walking, running, swimming, skating, or playing a sport)?

- a. Less than once a week
- b. 1-2 times a week
- c. 3-5 times a week
- d. 6-7 times a week
- e. Don't know/not sure

--	--	--	--	--

13

66. As a teen, about how often did you participate in supervised activities after school such as organized sports, scouting, volunteer activities, etc.?
- a. 0 times a week
  - b. 1-2 times a week
  - c. 3 or more times a week
  - d. Don't know/not sure

67. As a teen, how often did you drink alcohol?

- a. Often
- b. Sometimes
- c. Rarely
- d. Never
- e. Don't know/not sure

68. As a teen, how satisfied were you with your life? Consider all aspects of your life at this time.

- a. Not at all or slightly satisfied
- b. Somewhat satisfied
- c. Very satisfied
- d. Don't know/not sure

69. As a teen, how much stress did you experience in your life?

- a. None or very little
- b. Some
- c. A lot
- d. Don't know/not sure

70. As a teen, did you have high self-esteem?

- a. Not at all
- b. Somewhat
- c. Very
- d. Don't know/not sure

71. When you were a teen, did a doctor or dentist ever talk to you about the dangers of smoking?

- a. Yes
- b. No
- c. I didn't see a doctor or dentist
- d. Don't know/not sure

72. When you were a teen, do you think you received adequate information about smoking and its risks?

- a. Yes
- b. No
- c. Don't know/not sure

--	--	--	--	--

14

**About you....**

73. In what year were you born? \_\_\_\_\_
74. What is your age in years? \_\_\_\_\_
75. What is your sex?  
 a. Male  
 b. Female
76. Are you Hispanic or Latino?  
 a. Yes  
 b. No  
 c. Don't know/not sure
77. What is your race or ethnic group? (Check all that apply.)  
 a. American Indian or Alaska Native  
 b. Asian  
 c. Black or African American  
 d. Native Hawaiian or Other Pacific Islander  
 e. White  
 f. Other (specify) \_\_\_\_\_  
 g. Don't know/not sure
78. Which one of these groups would you say best represents your race? (Check only one.)  
 a. American Indian or Alaska Native  
 b. Asian  
 c. Black or African American  
 d. Native Hawaiian or Other Pacific Islander  
 e. White  
 f. Other (specify) \_\_\_\_\_  
 g. Don't know/not sure
79. When you were growing up, what language did you speak most often at home? \_\_\_\_\_
80. What is the highest grade or year of school you have completed?  
 a. Did not graduate from high school  
 b. High school graduate or equivalent (GED)  
 c. Some college or technical/vocational school, but no degree or certificate  
 d. Junior college or technical/vocational school degree or certificate  
 e. Bachelor's degree or higher

						15
--	--	--	--	--	--	----

81. What is the highest grade or year of school your parents/guardians completed? (Answer on a separate line for each parent/guardian.)

	Did not graduate from high school	High school graduate or GED	Some college but no degree or certificate	Junior college or vocational school degree	Bachelor's degree or higher
Parent/guardian 1					
Parent/guardian 2					
Parent/guardian 3					
Parent/guardian 4					

82. When you were a teen, how well off was the family you lived with?  
 a. We struggled to make ends meet  
 b. We lived comfortably  
 c. We were very well off  
 d. Don't know/not sure
83. How well off is your current family/household?  
 a. We struggle to make ends meet  
 b. We live comfortably  
 c. We are very well off  
 d. Don't know/not sure
84. In what county do you currently live? \_\_\_\_\_
85. When you were a teen, in what one state did you mostly live? \_\_\_\_\_ (write in state)  
 a. I didn't spend those years mostly in one state  
 b. I spent those years mostly outside of the U.S.  
 c. Don't know/not sure
86. How would you describe the area where you currently live?  
 a. Urban  
 b. Suburban  
 c. Rural

You have completed all the questions. Is there anything else that you would like to tell us?

						16
--	--	--	--	--	--	----



WHY SOME PEOPLE SMOKE AND OTHERS DON'T

Your answers to these questions may help us learn more about the environmental and genetic factors that influence why some people become smokers and some people don't. If you are filling this questionnaire out at home, please bring it with you to your appointment at the University of Washington.

Thank you!

WHY SOME PEOPLE SMOKE AND OTHERS DON'T

Extracted Questionnaire and Genotyping Data

101. Is the subject a case, a control, or neither?

- a. Case
- b. Control
- c. Neither

102. What is the FTND for this subject?

- a. 0
- b. 1
- c. 2
- d. 3
- e. 4
- f. 5
- g. 6
- h. 7
- i. 8
- j. 9
- k. 10

103. Subject's genotype for DRD2 C957T is:

- a. C/C
- b. T/T
- c. C/T
- d. not known

104. Subject's genotype for DRD2 -141 Ins/Del is:

- a. I/I
- b. D/D
- c. I/D
- d. not known

105. Subject's genotype for DDC is:

- a. G/G
- b. A/A
- c. G/A
- d. not known

106. Subject's combined genotype is:

				17
--	--	--	--	----

				18
--	--	--	--	----

