

TTQ

The trying to quit smoking
questionnaire



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THE TRYING TO QUIT SMOKING QUESTIONNAIRE (TTQ)

The “Trying to quit smoking questionnaire” (TTQ) can identify obstacles to quitting that smokers with chronic obstructive pulmonary diseases (COPD) confront – both smokers who are ready and those who are not ready to make a quit attempt. The TTQ is developed to facilitate individualized smoking cessation support and can identify factors that predict smoking cessation in patients with COPD. The questionnaire includes 14 items and 3 factors (pressure-filled mental states 1-5, use of destructive pressure-relief strategies 6-9, and ambivalent thoughts 10-14).

Read more:

Lundh L, Alinaghizadeh H, Törnkvist L, Gilljam H, Galanti MR. A new instrument to predict smoking cessation among patients with chronic obstructive pulmonary disease: an observational longitudinal study of the Trying To Quit smoking questionnaire. Primary Care Respiratory Medicine 2016; 26.

DEVELOPMENT OF PRESSURE-FILLED MENTAL STATES

1. I feel criticized for not being able to quit smoking
2. I criticize myself for not being able to quit
3. I constantly think about quitting
4. I perceive it as failure that I am not able to quit smoking
5. I do not want show that I smoke

USE OF DESTRUCTIVE PRESSURE-RELIEF STRATEGIES

6. It is unnecessary to quit because my health will not improve
7. It is unnecessary to quit because I am too old
8. It is unnecessary to quit because decreasing the number of cigarettes I smoke is sufficient
9. I do not feel that to quitting smoking is meaningful

AMBIVALENT THOUGHTS ABOUT QUITTING

10. I do not get support and encouragement when I try to quit smoking
11. I am worried about the way my body will react if I quit smoking
12. I feel that I must quit smoking
13. I am keen to try new methods as aids to smoking cessation
14. I do not want information about the progression of COPD

HOW WILL YOU ANSWER?

1. I do not agree at all
2. I agree partly
3. I mostly agree
4. I agree completely