

*Never*    *Some-*  
*times*    *Very*  
*often*

1. Since stopping smoking, have you noticed yourself eating more at meal times?

How much more? A second helping?

Any particular types of food? Please specify:

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2. Have you noticed yourself eating between meals more often than you did in the past?

How much more often? What sorts of foods? Are these the same sorts of snacks or are they different from those you used to eat when you smoked?

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3. Have you noticed yourself eating when the past you have lit up a cigarette?

At what sort of times? Please specify:

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4. Thinking back over the last week, have you found yourself doing the following

a) watching TV

b) reading

c) listening to the radio/music

d) sewing/knitting/writing

e) cooking

f) working

g) shopping

h) driving

Other situations? Please specify:

i) \_\_\_\_\_

j) \_\_\_\_\_

k) \_\_\_\_\_

5. Can you remember yourself eating in situations where you were feeling any of these emotions?

a) angry

b) worried

c) sad

d) lonely

e) tired

f) depressed

g) nervous

h) excited

Other feelings? Please specify:

i) \_\_\_\_\_

j) \_\_\_\_\_

k) \_\_\_\_\_