**Define Your Survey**

**Survey Development**

<table>
<thead>
<tr>
<th>Program Name:</th>
<th>Project Quit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outcome Measure(s):</strong></td>
<td>7-day point prevalence at 6-month’s post enrollment quit date.</td>
</tr>
<tr>
<td>How will you measure success? (e.g., change in knowledge, attitude, behavior)</td>
<td></td>
</tr>
<tr>
<td><strong>Survey Medium:</strong></td>
<td>Eligibility and Baseline surveys – done on web while enrolling 6-month post quit date survey – done by telephone interview</td>
</tr>
<tr>
<td>How will survey(s) be completed? (e.g., computer, phone interview, paper)</td>
<td></td>
</tr>
</tbody>
</table>

**Number and purpose of surveys**

How many and what kinds of surveys will you have? [e.g. enrollment (for eligibility and baseline data), weekly check-ins (for updating tailoring and/or assessing change over time), 6 months (intermediate outcomes), 12 months (final outcomes)]

<table>
<thead>
<tr>
<th>3 surveys</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eligibility survey(1)</strong> will be used to exclude those mentioned above. Once someone is deemed eligible, they’ll complete the online consent to participate, set up a web account with an ID and password, and then take the main program baseline survey (2). From eligibility to baseline survey – all will be done online.</td>
</tr>
<tr>
<td>We’ll end the program with a 6-month outcomes survey (3) to measure quit status. This will be done by telephone interview (Group Health’s Survey Research Center will complete all surveys for all HMOs).</td>
</tr>
</tbody>
</table>

**Eligibility requirements**

Are there any requirements to be a part of the program? What are your inclusion and/or exclusion criteria? (e.g., age, health conditions, BMI, smoker, access to Internet, email address)

Since we are giving away nicotine patches, we need to exclude the following people with medical conditions: Those with uncontrolled high blood pressure; stroke or TIA or heart attack in the past 30 days; severe allergy to patches during a past use; irregular heartbeat or arrhythmia. (NOTE: Give warning to other medical conditions to talk to doctor before using NRT – CHF; HA, stroke, TIA more than 30 days ago; allergies to tape, bandages, medicines; skin rashes/diseases; asthma; depression)

**Other Exclusions:** Those who don’t have access to a computer or have their own personal email address; those who use a computer less than 1x/week; currently enrolled in another cessation program and/or taking a cessation medication; women who are pregnant or breastfeeding.

**Requirements:** Have to be a member of one of the 3 HMOs we are partnering with; smokes at least 10 cigs/day; wants to quit in the next 30 days;
**Tailoring measures:**

What are key variables that you want to change? (e.g.; self-efficacy, motivation, risk perception, perceived social norm, decision making) You may want to use a 2x2 high/low, changeability/importance matrix here to guide you.

- motivation
- confidence
- self-efficacy
- outcome expectations
- risk perception
- smoking status (cessation)

What are key variables that may influence this change? (e.g.; age, family health, locus of control, cultural identity, numeracy, need for cognition, novel elements like preferences/likes)

- Social support, stress, alcohol use, exercise, level of nicotine addiction, kids, smoking surroundings, past attempts, age, need for cognition, gender, future pregnancy

**All survey measures**

List questions you will include in your survey(s). Include validated scales, questions inspired by your theoretical model, and any unique questions you want to ask. (e.g., TSRQ, NCI Food Frequency Questionnaire, Stages of Change, Perceived Stress Scale, SF-36, Need for Cognition, Gender, Age, Education, “Do you own a dog?” – a novel question helpful for say, a walking/exercise programs.)

- FTND (nicotine dependence)
- Yrs smoked, # of cigs now smoking, prior quit attempts and reason for failure
- Overall motivation and confidence
- TSRQ for smoking (motivation for quitting – intrinsic/extrinsic)
- Social support
- Self-efficacy (adapt Velicer’s scale)
- Cohen’s Perceived Stress Scale (PSS)
- Need for Cognition (adapt/shorten)
- Perceived Competence (adapt/shorten)
- Alcohol use
- Home status (married/kids/roommate/live alone)
- Smokers in home
- Kids and age of kids
- Height/weight
- Exercise level
- Activities they enjoy (checklist)
- SF-36 (adapt/shorten)
- Perceived risk of smoking-related disease
- MHLC (adapt from Wallston’s work)
- Transportation questions (adapt from Green/Kreuter work)
- Race
- Education Level
- Age
- Job status
- Quit date