

Partner Interaction Questionnaire ^A

Negative Behaviors

1. Asked you to quit smoking.
2. Comment that smoking is a dirty habit.
3. Talk you out of smoking a cigarette.
4. Comment on your lack of willpower.
5. Comment that the house smells of smoke.
6. Refuse to let you smoke in the house.
7. Mentioned being bothered by smoke.
8. Criticize your smoking.
9. Express doubt about your ability to quit/stay quit.
10. Refuse to clean up your cigarette butts.

Positive Behaviors

1. Compliment you on not smoking.
2. Congratulate you for your decision to quit smoking.
3. Help you think of substitutes for smoking.
4. Celebrate your quitting with you.
5. Help to calm you down when you are feeling stressed or irritable.
6. Tell you to stick with it.
7. Express confidence in your ability to quit/remain quit.
8. Help you to use substitutes for cigarettes.
9. Express pleasure at your efforts to quit.
10. Participate in an activity with you that keeps you from smoking (e.g., going for a walk instead of smoking).

^A Positive and negative behaviors were mixed together in random order when presented to subjects.

Source: Cohen S, Lichtenstein E. Partner behaviors that support quitting smoking. *Journal of Consulting and Clinical Psychology* 1990; 58(3): 304-9.