Appendix B: Middle School Survey Instrument

2008 Pennsylvania
Middle School Youth Tobacco Survey

This survey is about tobacco use. This is NOT a test! It will help us **develop better tobacco education programs** for young people like you.

DO NOT WRITE YOUR NAME ON THE SURVEY OR ANSWER SHEET. Your answers will be kept private. **No one will know what you write.** Answer the questions based on what you really know or do.

Taking part in this survey is voluntary. Your grades will not be affected, and no one will ever know your answers.

The questions about your background will only be used to describe the types of students completing this survey. **The information will not be used to find out your name**. No names will ever be reported.

Make sure you read every question on the survey. Be as honest as you can with your answers. **USE THE PENCIL PROVIDED. Be sure you fill in the circles on the answer sheet completely.** When you are finished, sit quietly and wait for instructions from the person giving the survey.

START HERE

THE FIRST QUESTIONS ASK FOR SOME BACKGROUND INFORMATION ABOUT YOU.

1. How old are you?
- a. 11 years old or younger
- b. 12 years old
- c. 13 years old
- d. 14 years old
- e. 15 years old
- f. 16 years old
- g. 17 years old
- h. 18 years old or older

2. What is your gender?
- a. Female
- b. Male

3. What grade are you in?
- a. 6th
- b. 7th
- c. 8th
- d. 9th
- e. 10th
- f. 11th
- g. 12th
- h. Ungraded or other grade

4. How do you describe yourself? (You can CHOOSE ONE ANSWER, or MORE THAN ONE)
- a. American Indian or Alaskan Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino
- e. Native Hawaiian or Other Pacific Islander
- f. White

5. Which one of these groups BEST describes you? (CHOOSE ONLY <u>ONE</u> ANSWER)
- a. American Indian or Alaska Native
- b. Asian
- c. Black or African American
- d. Hispanic or Latino
- e. Native Hawaiian or Other Pacific Islander
- f. White

6. During the last 4 weeks, about how much money did you have each week to spend any way you want to?
- a. None
- b. Less than $1
- c. $1 to $5
- d. $6 to $10
- e. $11 to $20
- f. $21 to $50
- g. More than $50

THE NEXT GROUP OF QUESTIONS ASKS ABOUT TOBACCO USE.

<u>Cigarette Smoking</u>

7. Have you ever tried cigarette smoking, even one or two puffs?
- a. Yes
- b. No

8. How old were you when you smoked a whole cigarette for the first time?
- a. I have never smoked a whole cigarette
- b. 8 years old or younger
- c. 9 or 10 years old
- d. 11 or 12 years old
- e. 13 or 14 years old
- f. 15 or 16 years old
- g. 17 years old or older

9. About how many cigarettes have you smoked <u>in your entire life</u>?

a. None
b. 1 or more puffs but never a whole cigarette
c. 1 cigarette
d. 2 to 5 cigarettes
e. 6 to 15 cigarettes (about 1/2 a pack total)
f. 16 to 25 cigarettes (about 1 pack total)
g. 26 to 99 cigarettes (more than 1 pack, but less than 5 packs)
h. 100 or more cigarettes (5 or more packs)

10. During the past 30 days, on how many days did you smoke cigarettes?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

11. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?

a. I did not smoke cigarettes during the past 30 days
b. Less than 1 cigarette per day
c. 1 cigarette per day
d. 2 to 5 cigarettes per day
e. 6 to 10 cigarettes per day
f. 11 to 20 cigarettes per day
g. More than 20 cigarettes per day

12. During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)

a. I did not smoke cigarettes during the past 30 days
b. I do not have a usual brand
c. Camel
d. Marlboro
e. Newport
f. Virginia Slims
g. GPC, Basic, or Doral
h. Some other brand

13. Are the cigarettes you usually smoke menthol cigarettes?

a. I do not smoke cigarettes
b. Yes
c. No

14. During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)

a. I did not smoke cigarettes during the past 30 days
b. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
c. I bought them from a vending machine
d. I gave someone else money to buy them for me
e. I borrowed (or bummed) them from someone else
f. A person 18 years old or older gave them to me
g. I took them from a store or family member
h. I got them some other way

15. During the past 30 days, where did you buy the last pack of cigarettes you bought? (CHOOSE ONLY ONE ANSWER)

a. I did not buy a pack of cigarettes during the past 30 days
b. A gas station
c. A convenience store
d. A grocery store
e. A drugstore
f. A vending machine
g. I bought them over the Internet
h. Other

16. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?

a. I did not try to buy cigarettes in a store during the past 30 days
b. Yes, I was asked to show proof of age
c. No, I was not asked to show proof of age

17. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?

a. I did not try to buy cigarettes in a store during the past 30 days
b. Yes, someone refused to sell me cigarettes because of my age
c. No, no one refused to sell me cigarettes because of my age

18. In the area where you live, do you know of any places that sell single or loose cigarettes?

a. Yes
b. No

19. During the past 30 days, on how many days did you smoke cigarettes on school property?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

20. When was the last time you smoked a cigarette, even one or two puffs?

a. I have never smoked even one or two puffs
b. Earlier today
c. Not today but sometime during the past 7 days
d. Not during the past 7 days but sometime during the past 30 days
e. Not during the past 30 days but sometime during the past 6 months
f. Not during the past 6 months but sometime during the past year
g. 1 to 4 years ago
h. 5 or more years ago

21. How long can you go without smoking before you feel like you need a cigarette?

a. I have never smoked cigarettes
b. I do not smoke now
c. Less than an hour
d. 1 to 3 hours
e. More than 3 hours but less than a day
f. A whole day
g. Several days
h. A week or more

22. Do you want to stop smoking cigarettes?

a. I do not smoke now
b. Yes
c. No

23. During the past 12 months, did any doctor, dentist, nurse, or other health professional ask you if you smoke?

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

24. During the past 12 months, did any doctor, dentist, nurse, or other health professional advise you not to smoke?

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

25. During the past 12 months, have you had an episode of asthma or an asthma attack?

a. Yes
b. No

26. During the past 12 months, did you ever try to quit smoking cigarettes?

a. I did not smoke during the past 12 months
b. Yes
c. No

27. How many times during the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

a. I have not smoked in the past 12 months
b. I have not tried to quit
c. 1 time
d. 2 times
e. 3 to 5 times
f. 6 to 9 times
g. 10 or more times

28. When you last tried to quit, how long did you stay off cigarettes?

a. I have never smoked cigarettes
b. I have never tried to quit
c. Less than a day
d. 1 to 7 days
e. More than 7 days but less than 30 days
f. 30 days or more but less than 6 months
g. 6 months or more but less than a year
h. 1 year or more

29. In the past 12 months, did you do any of the following to help you stop smoking? (CHOOSE ONE OR MORE ANSWERS)

a. I have not smoked in the past 12 months
b. I did not try to quit in the past 12 months
c. I attended a program in my school or in the community
d. I called a help line or quit line
e. I visited an Internet quit site
f. I used nicotine gum/patch or medicine to help quit
g. I got help from friends or family
h. I tried to quit in some other way

30. Where do you smoke cigarettes? (CHOOSE ONE OR MORE ANSWERS)

a. I do not smoke now
b. At home
c. At school
d. At work
e. In the car
f. At friends' houses
g. Other indoor places (restaurants, shopping malls, parties, dances, indoor sporting events)
h. Outdoors (sidewalks, parking lots, parks, outdoor sporting events)

31. During the past 12 months, did you encourage a friend or family member to quit smoking?

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

<u>Smokeless Tobacco: Chewing Tobacco, Snuff, or Dip</u>

32. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

a. Yes
b. No

33. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

34. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

Cigars

35. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?

a. Yes
b. No

36. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

Pipe

37. During the past 30 days, on how many days did you smoke tobacco in a pipe?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

Bidis and Kreteks

THE NEXT QUESTIONS ARE ABOUT BIDIS (OR "BEEDIES") AND KRETEKS (ALSO CALLED "CLOVE CIGARETTES"). BIDIS ARE SMALL BROWN CIGARETTES FROM INDIA CONSISTING OF TOBACCO WRAPPED IN A LEAF TIED WITH A THREAD. KRETEKS ARE CIGARETTES CONTAINING TOBACCO AND CLOVE EXTRACT.

38. Have you ever tried smoking any of the following:

a. Bidis
b. Kreteks
c. I have tried both bidis and kreteks
d. I have never smoked bidis or kreteks

39. During the past 30 days, on how many days did you smoke bidis?

a. 0 days
b. 1 or 2 days
c. 3 to 5 days
d. 6 to 9 days
e. 10 to 19 days
f. 20 to 29 days
g. All 30 days

THE NEXT QUESTIONS ASK ABOUT YOUR THOUGHTS ABOUT TOBACCO.

40. Do you think that you will try a cigarette soon?

a. I have already tried smoking cigarettes
b. Yes
c. No

41. Do you think you will smoke a cigarette at anytime during the next year?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

42. If one of your best friends offered you a cigarette, would you smoke it?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

43. In the past 12 months, how often have your parents or guardians discussed the dangers of tobacco use with you?

a. Never
b. Rarely
c. Sometimes
d. Often
e. Very often

44. Do your parents know that you smoke cigarettes?

a. I do not smoke cigarettes
b. Yes
c. No
d. Don't know / not sure

45. Do you think people can get addicted to using tobacco just like they can get addicted to using cocaine or heroin?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

46. Do you think young people who smoke cigarettes have more friends?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

47. Do you think smoking cigarettes makes young people look cool or fit in?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

48. Do you think young people risk harming themselves if they smoke from 1 - 5 cigarettes per day?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

49. Do you think it is safe to smoke for only a year or two, as long as you quit after that?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

50. Do you believe that light (low tar) cigarettes are somewhat less risky than regular (full flavor) cigarettes?

a. I have never smoked cigarettes
b. Yes, they are somewhat less risky
c. No, they pose the same risk
d. No, they are more risky

51. Do you think you would be able to quit smoking cigarettes now if you wanted to?

a. I do not smoke now
b. Yes
c. No

52. Have you ever participated in a program to help you quit using tobacco?

a. I have never used tobacco
b. Yes
c. No

53. Does your school have any special groups or classes for students who want to quit using tobacco?

a. Yes
b. No
c. Not sure

54. During this school year, were you taught in any of your classes about the dangers of tobacco use?

a. Yes
b. No
c. Not sure

55. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example by role-playing)?

a. Yes
b. No
c. Not sure

THE NEXT QUESTIONS ASK ABOUT EVENTS YOU MAY HAVE ATTENDED OR WHAT YOU HAVE SEEN ON TV, AT THE MOVIES, OR ON THE INTERNET.

56. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?

a. Yes
b. No
c. I did not know about any activities

57. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?

a. Not in the past 30 days
b. 1-3 times in the past 30 days
c. 1-3 times per week
d. Daily or almost daily
e. More than once a day

58. When you watch TV or go to movies, how often do you see actors using tobacco?

a. I don't watch TV or go to movies
b. Most of the time
c. Some of the time
d. Hardly ever
e. Never

59. When you watch TV, how often do you see athletes using tobacco?

a. I don't watch TV
b. Most of the time
c. Some of the time
d. Hardly ever
e. Never

60. When you are using the Internet, how often do you see ads for tobacco products?

a. I don't use the Internet
b. Most of the time
c. Some of the time
d. Hardly ever
e. Never

SOME TOBACCO COMPANIES MAKE ITEMS LIKE SPORTS GEAR, T-SHIRTS, LIGHTERS, HATS, JACKETS, AND SUNGLASSES THAT PEOPLE CAN BUY OR RECEIVE FREE.

61. During the past 12 months, did you buy or receive anything that has a tobacco company name or picture on it?

a. Yes
b. No

62. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE.

63. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

a. 0 days
b. 1 or 2 days
c. 3 or 4 days
d. 5 or 6 days
e. 7 days

64. Which of these best describes the rules about smoking inside the house where you live? Smoking is…

a. Never allowed inside my home
b. Allowed only at some times or in some places
c. Always allowed inside my home

65. Which of the following best describes the rules about smoking in the vehicle you drive or ride in the most? Smoking is…

a. Never allowed inside the vehicle
b. Sometimes allowed inside the vehicle
c. Always allowed inside the vehicle

66. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?

a. 0 days
b. 1 or 2 days
c. 3 or 4 days
d. 5 or 6 days
e. 7 days

67. What do you think employers should do about smoking in indoor areas in places where people work? Employers should...

a. Never allow smoking in places where people work
b. Allow smoking only at some times or in some places
c. Always allow smoking in places where people work

68. Which of these best describes smoking where you work? Smoking is…

a. I do not have a job
b. Never allowed where I work
c. Allowed but only at some times or in some places
d. Always allowed where I work

69. On how many of the past 7 days did you breathe the smoke from someone who was smoking in the place where you work?

a. I do not have a job
b. I have a job but did not work in the past 7 days
c. 0 days
d. 1 to 3 days
e. 4 to 6 days
f. All 7 days

70. Now think about indoor public places such as malls, movie theaters, clubs or restaurants. Which of these best describes what you think about smoking in indoor public places? Smoking should…

a. Never be allowed in indoor public places
b. Be allowed in indoor public places but only at some times or in some areas
c. Always be allowed in indoor public places

71. Do you think the smoke from other people's cigarettes is harmful to you?

a. Definitely yes
b. Probably yes
c. Probably not
d. Definitely not

72. Does anyone who lives with you now smoke cigarettes?

a. Yes
b. No

73. Does anyone who lives with you now use chewing tobacco, snuff, or dip?

a. Yes
b. No

74. How many of your four closest friends smoke cigarettes?

a. None
b. One
c. Two
d. Three
e. Four
f. Not sure

75. How many of your four closest friends use chewing tobacco, snuff, or dip?

a. None
b. One
c. Two
d. Three
e. Four
f. Not sure

THE NEXT QUESTIONS ASK ABOUT YOUR MEALS.

76. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit flavored drinks.)

a. I did not drink 100% fruit juice during the past 7 days
b. 1 to 3 times during the past 7 days
c. 4 to 6 times during the past 7 days
d. 1 time per day
e. 2 times per day
f. 3 times per day
g. 4 or more times per day

77. During the past 7 days, how many times did you eat <u>fruit</u>? (Fruit includes foods like apples, papayas, bananas, oranges, applesauce, or pears. Do not count fruit juice.)

a. I did not eat fruit during the past 7 days
b. 1 to 3 times during the past 7 days
c. 4 to 6 times during the past 7 days
d. 1 time per day
e. 2 times per day
f. 3 times per day
g. 4 or more times per day

78. During the past 7 days, how many times did you eat green salad?

a. I did not eat green salad during the past 7 days
b. 1 to 3 times during the past 7 days
c. 4 to 6 times during the past 7 days
d. 1 time per day
e. 2 times per day
f. 3 times per day
g. 4 or more times per day

79. During the past 7 days, how many times did you eat other vegetables? Do not count green salads. (Vegetables include foods like broccoli, spinach, carrots, squash, tomatoes, potatoes or green beans.)

a. I did not eat other vegetables during the past 7 days
b. 1 to 3 times during the past 7 days
c. 4 to 6 times during the past 7 days
d. 1 time per day
e. 2 times per day
f. 3 times per day
g. 4 or more times per day

80. During the past 7 days, how many glasses of milk did you drink? (Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.)

a. I did not drink milk during the past 7 days
b. 1 to 3 glasses during the past 7 days
c. 4 to 6 glasses during the past 7 days
d. 1 glass per day
e. 2 glasses per day
f. 3 glasses per day
g. 4 or more glasses per day

81. Yesterday, how many times did you drink any soda pop, punch, Kool-Aid, sports drinks, or other fruit-flavored drinks? (Do not count fruit juices.)

a. None
b. 1 time
c. 2 times
d. 3 or more times

THE NEXT QUESTIONS ASK ABOUT YOUR PHYSICAL ACTIVITY.

82. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

a. 0 days
b. 1 day
c. 2 days
d. 3 days
e. 4 days
f. 5 days
g. 6 days
h. 7 days

83. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

a. 0 days
b. 1 day
c. 2 days
d. 3 days
e. 4 days
f. 5 days

84. How many hours per day do you usually watch TV, DVDs, or video movies?

a. I don't watch TV, DVDs, or video movies
b. Less than 1 hour a day
c. More than 1, but less than 2 hours a day
d. More than 2, but less than 3 hours a day
e. More than 3, but less than 4 hours a day
f. More than 4 hours a day

85. How many hours per day do you usually spend on the computer outside of school or playing video games?

a. I don't use the computer or play video games
b. Less than 1 hour per day
c. More than 1, but less than 2 hours a day
d. More then 2, but less than 3 hours a day
e. More than 3, but less than 4 hours a day
f. More than 4 hours a day

THANK YOU VERY MUCH FOR YOUR COOPERATION!!