

Quiz:

What Is Your Relationship With Tobacco?

Guidance for Providers and Staff

The **What Is Your Relationship With Tobacco?** quiz can help assess your patient's or client's motivation to change their tobacco use. Clients can take the quiz on their own, or you can use it as an activity or tool when you meet. The below key provides guidance for providers and staff based on quiz responses, including what you can say and do to help clients in different stages of change.

Most Filled Circles Were In	Stage of Change	What You Can Do Find out more about someone's level of motivation to change their use so you can match your intervention to their stage of change.
1	Pre-Contemplation	<ul style="list-style-type: none">This person is not interested in changing their tobacco use right now, but one day, they might feel differently. It is our job as health care, social service and housing providers to bring up the conversation as often as possible and provide the support, education and resources people need to make a change when they're ready. <p>Here are examples of how to talk to someone in this stage of change:</p> <ul style="list-style-type: none">"I know you are not interested in changing your tobacco use right now, but lots of places in New York City are increasingly smoke-free. Do you want to try nicotine replacement therapy (NRT) just so you can stay comfortable in places or situations where tobacco and vaping are not allowed?""I understand you are not interested in changing your use right now, but is it alright if I check back with you next time we talk to see if you feel the same way?"
2	Contemplation	<ul style="list-style-type: none">This person has given tobacco use some thought and may be aware of its harmful effects. This does not mean they are ready to make a change, but it is a good time to talk with them more about how they view their tobacco use and how it affects them.Many people who use tobacco are worried about how it impacts their health, even if they are not ready to do anything about it or do not know where to start. You can help people clarify their goals, so bring up the conversation about tobacco and nicotine products frequently, even every visit.In the meantime, recommend NRT to this person so they can stay comfortable in places or situations where tobacco or vape use is not allowed, and make a plan to follow up.
3	Preparation	<ul style="list-style-type: none">This person is aware of the dangers of tobacco use and is open to options. You may already be working with them to set goals for their tobacco use.Keep the conversation going by finding out what they need to make a change and offer practical supports, like NRT, and ongoing counseling to deal with the discomfort of withdrawal or handle any urges to use tobacco. Make a plan to follow up.Most health insurance plans cover some tobacco treatment medications. Medicaid covers unlimited courses of NRT, varenicline or bupropion SR.
4	Taking action	<ul style="list-style-type: none">This person is on the path to changing their tobacco use. This is an important time to keep up ongoing support and troubleshoot any problems that might arise, such as:<ul style="list-style-type: none">Not being on a high enough dose of NRT to address their cravings or withdrawal symptomsNeeding other medications adjusted if they have to cut back on smokingDeveloping plans to address specific triggers or habitsCheck in with them often. You can try asking: "I know changing your tobacco use has been an important goal for you. How are you doing with it?"
5	Maintaining change	<ul style="list-style-type: none">This person is working to maintain a change, so provide continued support and additional assistance as needed. Follow up regularly.It is safe to keep using NRT as long as someone needs continued medication support.