

Importance Ruler Adapted* for Tobacco Use

*From Motivational Interviewing: Helping People Change and Grow Fourth Edition. (2023) Miller & Rollnick, Guilford Press: NY

On a 10-point scale, how important is it for you to stop tobacco use now?

 1
 2
 3
 4
 5
 6
 7
 8
 9
 10

 Not at all
 Average
 Extremely

 Important
 Importance
 Important