



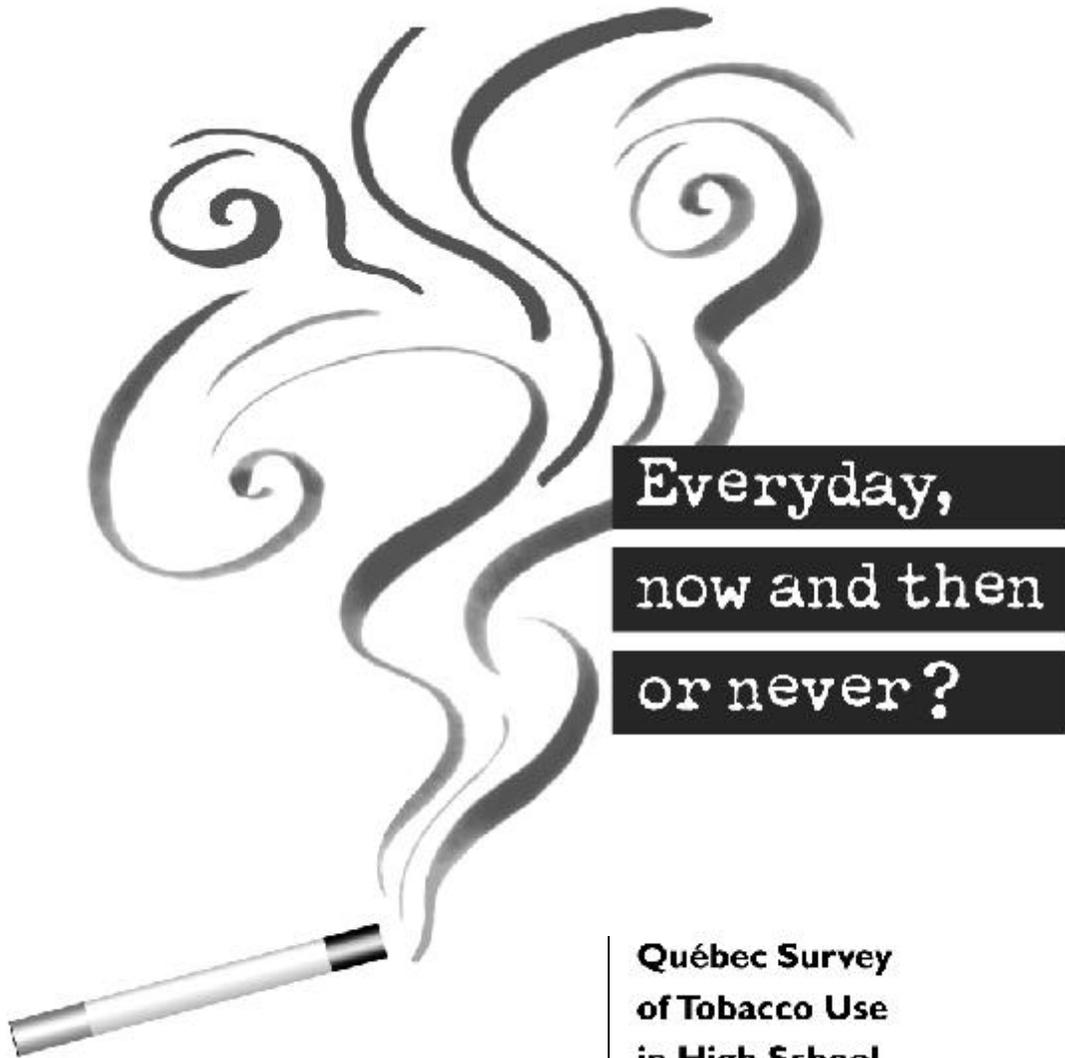
**Institut de
la statistique
du Québec**

Direction Santé Québec

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Interview language:

Version :



**Everyday,
now and then
or never?**

**Québec Survey
of Tobacco Use
in High School
Students**

Institut de la statistique du Québec
**Direction Santé Québec et
Service des activités de collecte**
1200 McGill College Avenue
Suite 1620
Montréal (Québec) H3B 4J8
Tel.: (514) 873-4749
1 877 677-2087 (toll-free)

Instructions



Thousands of high school students across Québec are participating in this important survey on smoking.

There are **NO RIGHT OR WRONG ANSWERS**. This **IS NOT** an exam.

DO NOT WRITE YOUR NAME ON THIS QUESTIONNAIRE.
That way, no one in your school will know what answers you gave.

We would like you to read each question **carefully**.

Give only one answer to each question, unless indicated otherwise.

Indicate your answer by circling the number or filling in the blank where appropriate.

Example A

9. Have you ever smoked a **WHOLE** cigarette?

Yes

No **2** Go to question 20

Example B

10. How old were you when you smoked your first **WHOLE** cigarette?

I was 13 years old

I don't know 98



Let's begin...



Please indicate the current time : _____ (Hour/s) : _____ (Minute/s)

Example : 14 : 00

General Information

1. What grade are you in?

- Secondary I 1
- Secondary II 2
- Secondary III 3
- Secondary IV 4
- Secondary V 5

2. How old are you?

- 11 years old or under .. 01
- 12 years old 02
- 13 years old 03
- 14 years old 04
- 15 years old 05
- 16 years old 06
- 17 years old 07
- 18 years old or older ... 08

3. Are you?

- A boy 1
- A girl 2

4. What language do you speak MOST OFTEN at home?

TM **Circle one only**

- French 1
- English 2
- Other 3

→ Please, specify _____

5. Where were you born?

- Québec 1
- Other province of Canada 2
- Outside Canada 3

→ Please, specify _____

6. In the LAST 30 DAYS, have you...

™ Answer each question

	Yes	No	
a. Smoked cigars	1	2	I don't know what it is
b. Smoked a pipe (ONLY containing tobacco, NOT any other substance)	1	2	
c. Used chewing tobacco	1	2	7
d. Used snuff	1	2	7

7. Have you ever tried...

™ Answer each question

	Yes	No	
a. Smoking cigars	1	2	I don't know what it is
b. Smoking a pipe (ONLY containing tobacco, NOT any other substance)	1	2	
c. Using chewing tobacco	1	2	7
d. Using snuff	1	2	7

Smoking and you

8a. Have you ever tried cigarette smoking, even just a few puffs?

Yes 1

No 2



8b. Do you think you will try smoking cigarettes some time this year?

I definitely will 1

I probably will 2

I probably will not 3

I definitely will not 4

9. Have you ever smoked A WHOLE cigarette?

Yes 1

No 2 **Go to question 20**

10. How old were you when you smoked your first WHOLE cigarette?

I was _____ years old

I don't know 98

11. Have you smoked 100 or more cigarettes IN YOUR LIFE? (100 cigarettes = 4 packs of 25)

- Yes 1
- No 2
- I don't know 8

The next two questions are about cigarette smoking in THE LAST 30 DAYS

12. DURING THE LAST 30 DAYS, did you smoke cigarettes, even just a few puffs?

- No, I didn't smoke in the last 30 days 0 **Go to question 16**
- Yes, every day 1
- Yes, almost every day 2
- Yes, a few times (a few days) 3

13. ON THE DAYS YOU SMOKED, how many cigarettes did you usually smoke?

- Less than one cigarette a day (a few puffs a day) 1
- 1 to 2 cigarettes a day 2
- 3 to 5 cigarettes a day 3
- 6 to 10 cigarettes a day 4
- 11 to 20 cigarettes a day 5
- More than 20 cigarettes a day 6

14. How soon after you wake up do you usually smoke your first cigarette?

- Within 5 minutes 1
- 6 to 30 minutes 2
- 31 to 60 minutes 3
- After 60 minutes 4

15. How often do you smoke at the following times?

Answer each question

	Always	Often	Sometimes	Never
a. Before school	1	2	3	4
b. During the school day (recess, lunchtime)	1	2	3	4
c. After school	1	2	3	4
d. On weekday evenings	1	2	3	4
e. On weekends	1	2	3	4

16. What were the reasons you started smoking cigarettes?

™ **Check (/) all that apply**

I don't smoke ±

a. Curiosity - I wanted to try it ±

b. Because my friends smoked ±

c. Because my brother(s)/sister(s) smoked ±

d. Because my girlfriend/boyfriend smoked ±

e. To relax or reduce stress ±

f. It's a way of keeping my weight down ±

g. To have something to do ±

h. To look more mature, appear older ±

i. Because smoking makes you sexy or more attractive ±

j. Other ±

➔ Please, specify _____

Access to cigarettes

17. How do you USUALLY get your cigarettes?

™ **Check (/) one or more indicating the way(s) you get them the MOST OFTEN**

I don't smoke ±

a. I buy them myself in a store (convenience store- *dépanneur*, gas station, etc.) ±

b. I buy them myself from a friend or someone else ±

c. I have someone buy them for me ±

d. My father or mother gives them to me ±

e. My brother or sister gives them to me ±

f. A friend gives them to me ±

g. Other ±

➔ Please, specify _____

18. IN THE LAST FOUR WEEKS, how often did you buy or try to buy cigarettes in a store (convenience store- *dépanneur*, gas station, etc.)?

I didn't buy cigarettes in the last four weeks 1 | **Go to question 20**

Less than once a week 2

About once a week 3

2 to 5 times a week 4

Every day or almost every day 5

19. IN THE LAST FOUR WEEKS, when you went to buy cigarettes in a store...

™ **Answer each question**

	Never	Less than half the time	About half the time	More than half the time	Always or almost always
a. how often were you asked for your age?	1	2	3	4	5
b. how often did the clerk refuse to sell you cigarettes because of your age?	1	2	3	4	5

Opinions and attitudes

20. In your opinion, what percentage of YOUNG PEOPLE YOUR AGE smoke cigarettes?

- Less than 25% 1
- Between 25% and 40% 2
- Between 41% et 75% 3
- More than 75% 4

21. In your opinion, what percentage of ADULTS smoke cigarettes?

- Less than 25% 1
- Between 25% and 40% 2
- Between 41% et 75% 3
- More than 75% 4

22. How much do you agree or disagree with the following statements?

™ **Answer each question**

	Totally agree	Mostly agree	Mostly disagree	Totally disagree
a. I will never get addicted to cigarettes	1	2	3	4
b. I could smoke a pack a day for a year or more and still be able to quit if I wanted to	1	2	3	4
c. At my age, smoking is not too dangerous because I could always quit later	1	2	3	4

23. Do you think young people your age who smoke cigarettes have more friends?

- Definitely yes 1
- Probably yes 2
- Probably no 3
- Definitely no 4

24. Does smoking cigarettes help people feel more comfortable at parties and in other social situations?

- Definitely yes 1
- Probably yes 2
- Probably no 3
- Definitely no 4

25. Do you think smoking cigarettes makes young people look cool?

- Definitely yes 1
- Probably yes 2
- Probably no 3
- Definitely no 4

26. How often are you exposed to second-hand cigarette smoke?

™ If you smoke, do not include the smoke from your own cigarettes. Refer only to second-hand smoke, i.e. smoke from other people's cigarettes

	Every day	Almost every day	About once a week	About once a month	Less than once a month	Never
a In your home	1	2	3	4	5	6
b. In the schoolyard	1	2	3	4	5	6

27. When people are smoking around you, are you bothered by their cigarette smoke?

- A lot 1
- Quite a bit 2
- A little bit 3
- Not at all 4

28. Have you been in the following situations?

™ **Answer each question**

	Often	Sometimes	Never
a. You tell an adult that his/her cigarette smoke is bothering you	1	2	3
b. You tell someone your own age that his/her cigarette smoke is bothering you	1	2	3
c. You avoid going to certain places because the cigarette smoke bothers you	1	2	3

29. How many of your friends smoke cigarettes?

- None 1
- A few 2
- Most 3
- All 4

The following questions ask about **ANTI-SMOKING** advertisements, commercials, “spots” that are intended to discourage cigarette smoking.

30. DURING THE LAST SIX MONTHS, about how often have you seen or heard these types of ANTI-SMOKING messages...

™ **Answer each question**

	Not at all	Less than once a month	1-3 times a month	1-3 times a week	Every day or almost every day	More than once a day
a. on TV	1	2	3	4	5	6
b. on the radio	1	2	3	4	5	6
c. on the Internet	1	2	3	4	5	6

If you are a **SMOKER p answer questions 31a, b, c et d**



31. Would you say that these ANTI-SMOKING messages...

TM **Answer each question**

	Totally agree	Somewhat agree	Somewhat disagree	Totally disagree
a. taught you something about smoking and health	1	2	3	4
b. made you question your reasons for smoking	1	2	3	4
c. made you think about giving up smoking	1	2	3	4
d. suggested ways of stopping smoking if you wanted to quit	1	2	3	4

If you are a **NON-SMOKER p answer questions 31e, f, g et h**



31. Would you say these ANTI-SMOKING messages...

TM **Answer each question**

	Totally agree	Somewhat agree	Somewhat disagree	Totally disagree
e. taught you something about smoking and health	1	2	3	4
f. made you feel good that you don't smoke	1	2	3	4
g. made you want to remain a non-smoker	1	2	3	4
h. suggested ways of helping you remain a non-smoker	1	2	3	4

The next two questions ask about activities to promote non-smoking that may have taken place at your **SCHOOL during the **LAST 12 MONTHS**.**

For each of the following types of activities, please indicate if this activity occurred in your **CLASS OR SCHOOL** during the **LAST 12 MONTHS**.

32a. Information on smoking in class (example: in a biology or physical education (phys ed) course, etc.).

Yes 1
No 2
I don't know 8

32b. Did you attend these information activities?

Yes 1
No 2

33a. Extra-curricular activities related to smoking.

Yes 1
No 2
I don't know 8

33b. Did you participate in this activity?

Yes 1
No 2

34a. Visiting Internet websites (only in school) on smoking prevention.

Yes 1
No 2
I don't know 8

34b. Did you visit these Internet websites?

Yes 1
No 2

35a. Quit-smoking activities for youth (example: contests, stop-smoking programs, etc.).

Yes 1
No 2
I don't know 8

35b. Did you attend these stop-smoking activities?

Yes 1
No 2

36. Would you say that the activities to promote non-smoking in which you have participated at SCHOOL in the LAST 12 MONTHS have...

- Made you much less interested in smoking? 1
- Made you less interested in smoking? 2
- Not changed your interest in smoking? 3
- Made you more interested in smoking? 4
- I haven't participated in any of these activities 5

Quitting smoking

37. Have you tried to stop smoking IN THE LAST 12 MONTHS?

- I have never smoked or I haven't really smoked in the last 12 months 0 **Go to question 44**
- Yes 1
- No 2 **Go to question 42**

38. How many times have you tried to stop smoking IN THE LAST 12 MONTHS?

_____ number of times

39. The last time you tried to stop, how difficult was it?

- Very difficult 1
- Fairly difficult 2
- Not very difficult 3
- Not at all difficult 4

40. The last time you tried to stop, how long did you stay off cigarettes?

- Less than a day 1
- 1 to 2 days 2
- 3 to 7 days 3
- Between 1 week and 1 month 4
- Between 1 month and 3 months ... 5
- More than 3 months 6



41. What is the MAIN REASON why you stopped smoking?

™ **Circle only one answer**

- For my health 01
- To get into better shape to do sports 02
- Because my girlfriend/boyfriend didn't smoke 03
- I didn't like it anymore 04
- Cigarettes gave me bad breath 05
- They cost too much 06
- Pressure from my family or friends 07
- It was a challenge (or someone else dared me to quit) 08
- Other 09

➔ Please, specify _____

42. Do you (or did you) worry that quitting smoking would make you gain weight?

- No, not at all 1
- Yes, a little 2
- Yes, some 3
- Yes, a lot 4

43. Do you intend to stop smoking:

™ **Answer each question**

	Yes	No	I don't know
a. In the next 30 days?	1	2	8
b. In the next 6 months?	1	2	8

School and you

44. Compared to other people in your class, are your marks in English:

- Better than average? 1
- Average? 2
- Below average? 3

45. How far do you expect to go in your education?

- I expect to go to university 1
- I expect to go to CEGEP 2
- I expect to get my high school diploma (DES) 3
- I expect to get my vocational/technical diploma (DEP) 4
- I'm thinking about dropping out before finishing high school 5

About you

46. For each of the following statements, indicate the response which best describes your situation.

	Completely agree	Somewhat agree	Somewhat disagree	Completely disagree
a. I think I'm someone who learns easily	1	2	3	4
b. In general, I'm disappointed with my marks	1	2	3	4
c. I really think I'm just as smart as other people my age	1	2	3	4
d. I think I'm someone who has something valuable to offer, at least as much as other people	1	2	3	4
e. I think I have a certain number of good qualities	1	2	3	4
f. Everything considered, I tend to think I'm a failure	1	2	3	4
g. I think I am capable of doing things as well as other people my age	1	2	3	4
h. There's little reason to be proud of myself	1	2	3	4
i. I have a positive attitude towards myself	1	2	3	4
j. Overall, I'm satisfied with myself	1	2	3	4
k. I find it difficult to accept myself as I am	1	2	3	4
l. Sometimes I think I'm really useless	1	2	3	4
m. I've thought of myself as a good-for-nothing on occasion	1	2	3	4

Your family and you

47. Who do you live with?

TM **Circle only one answer**

With my father and mother 1

Half the time with my father, the other half with my mother 2

With my mother only 3

With my mother and her spouse/boyfriend 4

With my father only 5

With my father and his spouse/girlfriend 6

Other 7

➔ Please, specify _____

48. Among the people living in your household, indicate those who smoke cigarettes.

™ Check (/) all that apply

- No one smokes cigarettes at home ±
- a. Your mother ±
- b. Your father ±
- c. Your father's spouse/girlfriend ±
- d. Your mother's spouse/boyfriend ±
- e. Your sister(s) ±
- f. Your brother(s) ±
- g. Other ±

49. Do you have a job (outside of the home) for which you get paid (for example: babysitting, delivering newspapers, working in a store, etc.)?

- Yes 1
- No 2

50. On average, how much money do you have a week for personal expenses (include money from jobs, allowances or any other source)?

- 0\$ 01
- \$1 to \$10 02
- \$11 to \$20 03
- \$21 to \$30 04
- \$31 to \$40 05
- \$41 to \$50 06
- \$51 to \$100 07
- More than \$100 08

51. Do you think you will be smoking cigarettes five years from now?

- I definitely will 1
- I probably will 2
- I probably will not 3
- I definitely will not 4

Your experience with alcohol and drugs

Use the following table to answer questions 52 to 56

1 drink = 1 small bottle of beer (12 oz or 360 ml) **OR**
1 small glass of wine (4-5 oz or 120-150 ml) **OR**
1 small shot of hard liquor or spirits (1-1½ oz with or without mix)

2 drinks = 1 large bottle of beer (about 25 oz or 750 ml) **OR**
1 double shot of hard liquor **OR**
1 beer with a "shooter"

* Beer with a 0.5% rating is not considered an alcoholic beverage.

* Large cans of beer 1.18 litres contain 3 drinks, equivalent to 3 small beers.

52. DURING THE LAST 12 MONTHS, how often did you drink alcohol?

I didn't drink alcohol 0 **Go to question 55**
Just once to try 1
Less than once a month (occasionally) 2
About once a month 3
Weekends **OR** once or twice a week 4
3 times or more a week **BUT** not every day 5
Every day 6

53. DURING THE LAST 12 MONTHS, how many times have you had 5 DRINKS OR MORE of alcohol on the SAME OCCASION?

None 0
Once 1
Twice 2
3 times 3
4 times 4
5 times or more 5

54. DURING THE LAST 30 DAYS, did you drink alcohol?

Yes 1
No 2

55. Have you ever consumed alcohol on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST A MONTH?

Yes 1

No 2 **Go to question 57**

56. How old were you when you first drank alcohol on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST A MONTH?

_____ years old

57. DURING THE LAST 12 MONTHS, how often did you use each of the following drugs?

™ **Answer each question**

	I didn't	Just once to try	Less than once a month (occasionally)	About once a month	Weekends OR once or twice a week	3 times or more a week BUT not every day	Every day
a. Cannabis (marijuana, hashish)	0	1	2	3	4	5	6
b. Cocaine (coke, snow, crack, free base)	0	1	2	3	4	5	6
c. Glue or Solvent	0	1	2	3	4	5	6
d. Hallucinogens (LSD, PCP, MESS, magic mushrooms, acid, mescaline, Ecstasy, drinkers, etc.)	0	1	2	3	4	5	6
e. Heroin (smack)	0	1	2	3	4	5	6
f. Amphetamines (speed, uppers)	0	1	2	3	4	5	6
g. Other drugs or medication <u>without</u> a prescription (Valium, Librium, Dalmane, Halcion, Ativan, Ritalin, etc.)	0	1	2	3	4	5	6



(Indicate the name of the drug or medication _____)

If you answered "I didn't" to all the above questions **Go to question 59**

58. DURING THE LAST 30 DAYS, did you consume any of these above drugs?

Yes 1

No 2

59. Have you ever used drugs on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST A MONTH?

Yes 1

No 2 **Go to question 61**

60. How old were you when you first used drugs on a REGULAR basis, meaning AT LEAST ONCE A WEEK FOR AT LEAST A MONTH?

_____ years old

61. Have you ever used any drug by injection or needles?

Yes 1

No 2

**If you have NOT consumed any alcohol or drugs during the
LAST 12 MONTHS **Go to question 63****

62. DURING THE LAST 12 MONTHS, have you ever been in any of the following situations:

Answer each question

	Yes	No
a. My alcohol/drug use has had negative effects on my health	1	2
b. My alcohol/drug use has had negative effects on my relationship with my family	1	2
c. My alcohol/drug use has had negative effects with my friends or in my love life	1	2
d. My alcohol/drug use has had negative effects on my studies	1	2
e. I have spent too much money on or lost too much money because of my alcohol/drug use	1	2
f. I committed a delinquent act (even if I wasn't arrested by the police) while under the influence of alcohol/drugs	1	2
g. I was injured or burned while under the influence of alcohol/drugs	1	2
h. I physically hurt someone while I was under the influence of alcohol/drugs	1	2

63. DURING THE LAST 12 MONTHS, did you take STEROIDS (such as body builders, testosterone, dianabol, growth hormones or “roids”) to increase your performance in a sport or activity or to change your physical appearance?

- I didn't take steroids 0
- Just once to try 1
- Less than once a month (occasionally) 2
- About once a month 3
- Weekends OR once or twice a week 4
- 3 times or more a week BUT not every day 5
- Every day 6

Your experience with gambling

64. IN YOUR LIFETIME, have you ever gambled, played games for money (for example: lotteries, scratch cards, video poker, casino, cards, dice, bingo, betting on sports events, etc.)?

- Yes 1
- No 2 **↳ Go to question 68**

65. DURING THE LAST 12 MONTHS, did you gamble, play games for money (for example: lotteries, scratch cards, video poker, casino, cards, dice, bingo, betting on sport events, etc.)?

- I didn't gamble 0
- Just once to try 1
- Less than once a month (occasionally) 2
- About once a month 3
- Weekends OR once or twice a week 4
- 3 times or more a week BUT not every day 5
- Every day 6

66. DURING THE LAST 12 MONTHS, did you talk or get into arguments with your family and friends about your gambling habits?

- Yes 1
- No 2

67. DURING THE LAST 12 MONTHS, did you borrow money or steal something to gamble or to pay gambling debts?

- Yes 1
- No 2

**We would like your opinion on the effects of cigarette smoking,
drug use, alcohol and gambling.**

68. How much do you think PEOPLE risk harming themselves (physically or in another way) if they...
™ **Answer each question**

	No risk	Slight risk	Medium risk	High risk	Don't know
a. smoke cigarettes every day or almost every day?	1	2	3	4	8
b. smoke one or more packs of cigarettes a day?	1	2	3	4	8
c. try cannabis (marijuana - "pot"- grass) once or twice?	1	2	3	4	8
d. smoke marijuana regularly?	1	2	3	4	8
e. try cocaine once or twice?	1	2	3	4	8
f. have one or two drinks of alcohol nearly every day?	1	2	3	4	8
g. have at least 5 drinks of alcohol at one occasion?	1	2	3	4	8
h. gamble, play games for money every day or nearly every day?	1	2	3	4	8



Please indicate the time you finished this survey:

_____ (Hour/s) : _____ (Minute/s)

Example : 14 : 30

THANK YOU FOR YOUR COLLABORATION!



