

Developmental History of the Glover-Nilsson Smoking Behavioral Questionnaire

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Objective: To develop a simple, easily administered pencil-and-paper questionnaire to determine the degree to which behavioral patterns play a role in smoking dependence. **Methods:** A modified Delphi technique was used to identify initial questions and to eliminate obvious duplications. Phase 2 utilized multiple statistical methods (principal components analysis, cluster analysis, stepwise multiple linear regression, cross tables, Mantel-Haenzel χ^2 -test, and a Gamma test) to evaluate and re-

duce the number of questions from 18. **Results:** These analyses yielded an 11-item questionnaire that can potentially assess behavioral dependence. **Conclusion:** It is hoped that the GN-SBQ will assist physicians, health care providers, and tobacco interventionists in identifying aspects of smoking addiction that are behavioral in nature. The need for future research is discussed.

Key words: smoking cessation, behavioral questionnaire, tobacco, smoking

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