

SCOTTISH HEALTH SURVEY 2009

NURSE SHOWCARDS

CARD A

1. Nicotine gum
2. Nicotine patches that you stick on your skin
3. Nasal spray / nicotine inhaler
4. Other (Please say what)

CARD B

Less than 2 weeks

2 weeks but less than 6 months

6 months but less than 1 year

1 year but less than 2 years

2 years but less than 5 years

5 years but less than 10 years

10 years or more

CARD C

1. Heart racing or pounding
2. Hands sweating or shaking
3. Feeling dizzy
4. Difficulty getting your breath
5. Butterflies in stomach
6. Dry mouth
7. Nausea or feeling as though you wanted to vomit