

## WSWS

0=Strongly disagree

1=Disagree

2=Feel neutral

3=Agree

4=Strongly agree

1. Food is not particularly appealing to me.
2. I am getting restful sleep.
3. I have been tense or anxious
4. My level of concentration is excellent
5. I awaken from sleep frequently during the night
6. I have felt impatient
7. I have felt upbeat and optimistic
8. I have found myself worrying about my problems
9. I have had frequent urges to smoke
10. I have felt calm lately
11. I have been bothered by the desire to smoke a cigarette.
12. I have felt sad or depressed
13. I have been irritable, easily angered.
14. I want to nibble on snacks or sweets.
15. I have been bothered by negative moods such as anger, frustration, and irritability
16. I have been eating a lot.
17. I am satisfied with my sleep.
18. I have felt frustrated
19. I have felt hopeless or discouraged

20. I have thought about smoking a lot
21. I have felt hungry
22. I feel that I am getting enough sleep
23. It's hard to pay attention to things.
24. I have felt happy and content
25. My sleep has been troubled
26. I have trouble getting cigarettes off my mind
27. It had been difficult to think clearly
28. I think about food a lot.