

## ABOUT THE AUTHORS

**Ian Newman** sneaked cigarettes as a youngster in New Zealand from his older sister's boyfriends and his own friends. His father smoked and his mother smoked occasionally and reluctantly after dinners with friends. He remembers the wife of one of his dad's best friends, a couple who often joined his family for dinner, always blowing beautiful smoke rings. It was as if she was an artist with smoke. At the time, none of this was out of the ordinary. In retrospect, he now makes the connection between the smoke rings and the fact that she was dead of inoperable cancer 10 years later.

When he was as tall as the top button on his dad's waistcoat his dad quit smoking. Ian never knew why. In the 1950s, it is unlikely it was due to published reports on the dangers to health.

While a doctoral student at the University of Illinois in the late 1960s, Ian was a research assistant for the antismoking education study at the University of Illinois, led by his professor, William Creswell Jr. This was one of the earliest research studies sponsored by the US Government to study adolescent smoking behaviors, in light of the findings published in 1964 in the first Surgeon General's Report on Smoking and Health.

As a student in health education and anthropology, a believer in the value of participant-observer research, he decided he should experience firsthand the feeling of smoking. Success was tracked with a large jar that slowly filled with cigarette butts. He likes to recall how he failed to become a smoker but succeeded in gaining some insight into the process.

Leaving Illinois with a new Ph.D. and a wife (Enid from Trinidad) and son, Ian went to the University of Tennessee. The excitement of participant observation and interest in health-related behavior led to long excursions into the back roads of the Cumberland Mountains to learn from backcountry folk about their health and their lifestyles, to sample their moonshine, and to discuss the “evils” imposed by the coal companies. They weren’t always welcoming of strangers but, once started, they enjoyed the opportunity to talk and reminisce. Occasionally, he took along his 4-year-old son as a ticket to hospitality.

After postdoctoral study at Harvard University School of Public Health with Professors Marjori Young and Jeanette Simmons, Ian moved his family to New Delhi to the South East Regional Office of the World Health Organization. His supervisor and mentor was Dr. V. S. Ramakrishna, a Brahman Hindu, trained as a surgeon, who elected to work in public health and had a distinguished career in the Indian public health service before joining WHO. He and Ian shared a passion to see the world through other people’s eyes. Life in India and work in Thailand, Nepal, and Sri Lanka reinforced this curiosity. Then, it was back to the USA where the children, 3 sons, could experience an American education and Ian could pursue his interest in the connection between behavior and health.

The study of tobacco use, an area of study in which only a few scientists were working in the 1960s, had engaged the interest and curiosity of social scientists, public health workers, and disease prevention organizations. Population survey and medical data on tobacco use and its effects accumulated, but few studies considered the realities of individuals affected by tobacco.

Over the years, Ian’s interest has gravitated to understanding adolescent alcohol use and then adolescent alcohol use in China. He considers alcohol use an even more interesting behavior than tobacco use, because, unlike tobacco, a little alcohol use seems to have health benefits. From a public health perspective, we would be better off without both tobacco and alcohol, but that will not happen; so the challenge is to reduce the risks of irresponsible use and to find ways to reduce chances of harm when use does occur. For the last 25 years, he has been teaching in, traveling through, and learning about China. He initiated and led a 10-year program of annual workshops for health education workers in Inner Mongolia. His research on adolescent alcohol use has led to the development and refinement of a Chinese adolescent alcohol

expectancy scale, the Chinese adolescent alcohol self-efficacy scale, and a Chinese adolescent cultural orientation scale. For the past 10 years, he has spent time in small villages and towns in rural China talking to alcohol makers about their craft, its heritage, and how and why alcohol is integrated into daily life without significant problems. He provided public health expertise to the University of Nebraska's successful initiative to reduce binge drinking by college students, and he has led a consortium of Nebraska colleges and universities in efforts to reduce drinking and drunk driving among their students. He has published more than 150 research papers and given almost 300 presentations and keynote addresses at national and international meetings. A textbook, *School Health Practice*, authored by Ian and his professor Bill Creswell, completed 10 editions.

**John DeFrain's** father one evening back in the 1950s got out a cup of coffee, a bottle of whiskey, and a pack of cigarettes. John was, perhaps, 12 years old at the time. His father at that stage of life was a coffee drinker, drank alcohol rarely, and smoked on occasion. "Try some of this coffee," he urged his son. John took a big swig of coffee, choked and coughed, but managed to get it down. His dad then urged him to drink a shot of whiskey, straight down. More choking, coughing, some sputtering. This experiment was followed up with a long drag on a cigarette, and the result was similar though the additive effects of all three experiments made the experience even more unpleasant: choking, coughing, sputtering, and perhaps a bit of gagging as well.

Dad died of prostate cancer before John ever got a chance to ask him what the purpose of these experiments really was. Dad was a professional in public health for 37 years. Perhaps he wanted John to stay away from coffee, alcohol, and cigarettes. Or maybe he wanted to introduce them to me in our home, up front, rather than me sneaking out to experiment on my own with friends. Maybe he just wanted a good laugh. John will never know.

But the fact of the matter is, John has never drunk a cup of coffee. The glass of wine he has, say, once a year to be social just makes him sleepy. And he never has smoked another cigarette, though he tried marijuana in the 1960s and concluded it was just an exotic and illegal-type of cigarette that made you choke, cough, and sputter. Because of his allergic response to smoke, John's throat constricts severely when he tries to

smoke, and being around smoke gives him a severe headache and congested lungs.

Would John recommend such an approach to parents who hope to condition their children against coffee, alcohol, cigarettes, or whatever? Not necessarily. He knows alcoholics who were given beer as babies to quiet them down, so what turned out to be aversive stimuli for John became a comfort for other youngsters.

John met his lifelong partner Nikki DeFrain when they were both 15 years old. When people ask why neither smokes nor drinks, she tends to reply that her father was an alcoholic and she associates alcohol with too many bad memories. “Besides,” she continues, “in high school when all our friends were out smoking and drinking, John and I were always alone together enjoying the more alluring pleasures of young love.”

John is a professor emeritus in the Department of Child, Youth and Family Studies at the University of Nebraska-Lincoln. His research interests over the past 40 years have focused on how to help people create strong, happy, and healthy families. He was drawn to the idea of writing a book on smoking, because so little is known on how it effects our personal lives—our intimate lives behind closed doors with our loved ones. His other recent books include *Marriages and Families: Intimacy, Diversity, and Strengths* (9th ed.); *Strong Families Around the World: Strengths-Based Research and Perspectives*; *Family Violence from a Global Perspective*; *Surviving and Transcending a Traumatic Childhood: The Dark Thread*; *The World of Bereavement: Cultural Perspectives on Death in Families*; and *The Chinese Family Today*. Working on this book has made John much more sensitive to the difficult personal dilemmas people face in life surrounding smoking, and especially sensitive to the challenges smokers face. His disdain for Big Tobacco is, however, undiminished.

## APPENDIX A: WHY AND HOW WE DID THIS STUDY

Since 1964, when the US Surgeon General issued the first report on smoking and health,<sup>1</sup> there has been an enormous accumulation of data about the medical and economic consequences of cigarette smoking. A staggering 480,000 people age 35 and older die each year from smoking-related diseases, a number which includes 41,000 people who die from secondhand smoke—that is, smoke from other people’s cigarettes.<sup>2</sup> If American young people continue to smoke at their present rate, we can expect 5.6 million of them to die prematurely from smoking-related diseases, about one of every 13 Americans age 17 or younger alive today.<sup>2</sup>

The total annual economic cost of cigarette smoking exceeds \$300 billion: \$170 billion from direct medical care expenses and \$156 billion from lost productivity due to premature death and exposure to second-hand smoke.<sup>2,3</sup>

The smoking debate is fueled by statistics like this. Efforts to reduce the impact of smoking in terms of disease and costs have included restricting places where smoking is allowed, encouraging nonsmokers to assert their rights to smoke-free air, and dramatically increasing cigarette prices through taxation.

In all the ongoing debate, there is rarely any discussion about what is happening in the living rooms, kitchens, front porches of tobacco users and their families.

There is still a fixation on statistical data. Statistics serve a purpose; they describe groups well, but not individuals. Statistics are impersonal;

they provide logic and rationality to the debate, but not the emotional side of the story. We see a number—like 480,000—and our eyes glaze over. That’s a large number. It’s impersonal. We have little recognition that the 480,000 are individual people—smokers and their loved ones—each with a story to tell. Each 1 of the 480,000 is a father, a mother, a husband, a wife, a sister, a brother, a friend, and a lover. How that person got to be a part of the statistic is a story that cannot be imparted by the statistic.

We understand and respect statistical data and appreciate the elegance of the messages it conveys; but we wanted to know more about the people whose stories are hidden within the statistics that describe smoking rates, medical conditions, and other costs of smoking. We wanted to meet the smokers and the people who are affected by smokers’ stories.

### PILOT STUDY

One of the authors, John DeFrain, had successfully used media postings to recruit volunteers to share personal experiences about such topics as family strengths and challenges, sudden infant death, stillbirth, single parenthood, and so forth. It seemed that this same strategy might gain us access and insight to the experiences of smokers and those affected by smokers’ behavior.

So, we sent letters to 67 newspapers selected from the *Gale Directory of Publications & Broadcast Media*, to the newspaper editor, explaining the project. An unknown number of newspapers published our plea for volunteers who were willing to fill out an anonymous, confidential 10-page questionnaire asking about their tobacco stories.

Twelve volunteers wrote to ask for the questionnaire. We mailed them each a questionnaire and received 9 completed questionnaires. Based on the results of this pilot test, we rewrote the questionnaire with more specific questions to encourage stories of consequences of tobacco use on members of the family and family relationships.

### FIRST PHASE

We then mailed press releases to 494 newspapers (not used in the pilot study) selected from the *Gale Directory*. In addition, we placed a notice of the study in *AARP Bulletin*, *Modern Maturity*, *Americans for Nonsmokers Rights Update*, and *Smoking and Health Review*.

We received replies mainly from people we considered “survivors”—people who had a loved one sicken or die from tobacco-related disease.

## SECOND PHASE

We wanted to hear more stories from smokers so we wrote two *different* press releases, one seeking cooperation from smokers and one from survivors. We selected 325 additional newspapers from the *Gale Directory* (not used in either the pilot study or the first phase). We first placed the addressed envelopes into zip-code order. Then, we placed every other envelope into one of 2 piles. One hundred twelve newspapers got the press release seeking survivors; 113 newspapers got the press release seeking smokers. We kept a record of which city received which press release. We checked that no city got both versions of the press release. When volunteers responded, we sent the Smoker’s questionnaire or the Survivor’s questionnaire, based on which city/newspaper they responded from.

### *Questionnaires*

For the second phase, we created the Smoker’s Questionnaire (Appendix B) and the Survivor’s Questionnaire (Appendix C).

## THIRD PHASE

Next, we placed our request for smokers’ stories in the newsletters of the American Smokers Alliance, the Smokers’ Rights Alliance, Inc., and Californians Against Restrictive Legislation. We placed our request for survivors’ stories in the newsletters of Group Against Smoker’s Pollution (GASP), Doctors Ought to Care (DOC), and Americans for Non-Smokers Rights.

Over the course of all phases of the study, a total of 225 people wrote to us to request questionnaires, and 139 people returned a completed questionnaire. The replies ranged from terse (one- or two-word answers to our questions) to eloquent—some writers sending in many typed or hand-written pages describing their experience in profound detail.

We read and reread the completed questionnaires. Practically, all were anonymous but some individuals sought special replies about specific questions. Replies were sent but the questionnaires remained

anonymous. In some cases, individuals, mostly smokers, added comments impugning our motives but nevertheless providing wonderful insights and seemed genuinely interested that somebody had bothered to ask about their opinions and experiences.

It is the words of these smokers and their family members that provided the themes that shaped this book.

## SOURCES

1. U.S. Department of Health, Education and Welfare (January 1964). *Smoking and Health: Report of the Advisory Committee to the Surgeon General Public Health Service*. Washington, DC: U.S. Department of Health, Education and Welfare, Public Health Service, CDC, Report No. 1103.
2. U.S. Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 (accessed June 15, 2017).
3. Xu, X., Bishop, E. E., Kennedy, S. M., Simpson, S. A., & Pechacek, T. F. (2015). Annual healthcare spending attributable to cigarette smoking: An update. *American Journal of Preventive Medicine*, 48(3), 326–333.

## APPENDIX B:

# THE QUESTIONNAIRE FOR SMOKERS

### THE SOCIAL AND PSYCHOLOGICAL IMPACT OF TOBACCO USE: HOW TOBACCO AFFECTS OUR LIVES

This questionnaire has two parts.

The *first part* is for you to tell us your personal story about what it is like to be a smoker or a chewer in today's society. We want you to tell us about the things that happen to you because you use tobacco, the way you are treated, how you feel, how you respond, and what you tell other people. Does your tobacco use affect your relations with your family, your employer, or your friends? Does tobacco use affect your future?

Don't worry about spelling, punctuation, or correct word usage. Simply tell us your story or stories. These are important to us. Include all the details. Add extra sheets to the survey if you need to.

The *second part* of this questionnaire, which begins on page 208, is a series of questions about specific experiences related to tobacco use.

Please complete both parts of the questionnaire and return it to us in the postage-paid envelope we have provided.

If you know others who may be interested in helping us by sharing their experiences, please suggest them to contact us by mail or phone for a questionnaire.

We have a separate questionnaire for people who have had a loved one sick or die from smoking or chewing tobacco. If you know of a person who would like to share their thoughts on what happened in their family

because of tobacco, please tell them about our study and ask them to contact us.

Thank you for your help.

Part One:

Tell us what it's like to be a tobacco-user in today's society.

We want as much information and detail as possible. Add extra pages if you want to, or write on the backs of these pages if you need more space.

*In the original survey, there were four blank 8 1/2 X 11 pages provided after the Part One question, with a note to encourage people to add more pages and to write as much as they needed.*

Part Two:

Now we want to ask you some specific questions about your experience.

*The Part Two questions are all listed here. The original survey left space after the open-ended questions for 1-2 paragraph written responses, and gave writers permission to write on the back of the paper and add more pages as needed.*

1. Do people ever ask you not to smoke or chew in their presence?

Yes \_\_\_\_\_

No \_\_\_\_\_

How does this make you feel?

What do you usually do?

What would you like to do?

2. How do you feel about regulations restricting smoking to certain locations?

3. Raising taxes on tobacco products is sometimes suggested as a way to discourage tobacco use. How do you react to this suggestion?

4. Have you ever violated a nonsmoking ordinance?

Yes \_\_\_\_\_

No \_\_\_\_\_

How did it make you feel?

5. Have your children ever talked to you about your tobacco use?

Yes \_\_\_\_\_

No \_\_\_\_\_

What did they say?

How did it make you feel?

6. What do you think about tobacco advertising?

7. What attracts you to the brand you smoke or chew?

8. What is the attitude of your spouse or best friend to your tobacco use?

If they are not happy about your smoking or chewing, have you tried to do anything about it?

9. Do you agree with the restrictions on the sale of tobacco products to young people?

Yes \_\_\_\_\_

No \_\_\_\_\_

Please explain.

10. Have you ever been involved in actions to repeal restrictions on tobacco use?

Yes \_\_\_\_\_

No \_\_\_\_\_

What were the restrictions and what did you do?

11. What is the most pleasurable thing about tobacco use?

12. If you ever had difficulty dealing with a tobacco-related situation, did you turn to someone for help?

Yes \_\_\_\_\_

No \_\_\_\_\_

If yes, who did you turn to and what did you want them to do to help?

Before you go on, we need answers to a few questions about you.

13. Gender

Female \_\_\_\_\_

Male \_\_\_\_\_

14. Age: \_\_\_\_\_ years

15. Residence

In a town or a city \_\_\_\_\_

On a farm \_\_\_\_\_

Not on a farm, but outside of a town or city \_\_\_\_\_

16. Employment

- Student \_\_\_\_\_
- Employed \_\_\_\_\_
- Unemployed \_\_\_\_\_
- Retired \_\_\_\_\_

17. Please describe your job. \_\_\_\_\_

18. Marital status:

- Single, never married \_\_\_\_\_
- Married \_\_\_\_\_
- Divorced \_\_\_\_\_
- Widow/Widower \_\_\_\_\_

19. Education

- High school or less \_\_\_\_\_
- College degree or some college \_\_\_\_\_
- Graduate/professional school \_\_\_\_\_

20. Have any of your close friends or relatives died of any tobacco-related diseases?

- Yes \_\_\_\_\_
- No \_\_\_\_\_
- If yes, please explain.

21. Describe your smoking.

- I don't smoke and never did. \_\_\_\_\_
- I experimented a few times but never smoked as many as 100 cigarettes. \_\_\_\_\_
- I was a regular smoker for \_\_\_\_\_ years but quit \_\_\_\_\_ years ago. \_\_\_\_\_
- I smoke now and have done so for \_\_\_\_\_ years. \_\_\_\_\_

22. How would you describe your smoking today?

I don't smoke. \_\_\_\_\_

I am an occasional smoker and smoke  
about \_\_\_\_\_ cigarettes per day. \_\_\_\_\_

I am a regular smoker and smoke about \_\_\_\_\_ cigarettes  
per day. \_\_\_\_\_

(1 pack = 20 cigarettes)

23. Describe your use of chewing tobacco and/or snuff.

I don't chew or use snuff and never did. \_\_\_\_\_

I experimented a few times but never chewed or  
used snuff regularly. \_\_\_\_\_

I was a regular user for \_\_\_\_\_ years but quit  
\_\_\_\_\_ years ago. \_\_\_\_\_

I chew or use snuff and have done so for \_\_\_\_\_ years. \_\_\_\_\_

24. If you chew or use snuff now, how would you describe your use?

I don't chew or use snuff. \_\_\_\_\_

I am an occasional user. About \_\_\_\_\_ chews a day. \_\_\_\_\_

I am a regular user. About \_\_\_\_\_ chews a day. \_\_\_\_\_

25. If you chew or use snuff now, are you trying to quit or reduce your use?

Yes \_\_\_\_\_

No \_\_\_\_\_

Please explain.

26. If you have ever used tobacco, tell us how you first began, how old you were,  
what were the circumstances, and who else was involved.

27. After you began to use tobacco what encouraged you to continue  
using it?

28. If you ever tried to quit or reduce the amount of tobacco you used, when did you try? Why did you try to quit/reduce? What happened?
  
29. What was/is the most difficult part of quitting or reducing tobacco use?
  
30. Do you think you are (or were) addicted to tobacco? How do (did) you know? If you consider yourself addicted, please tell us what the addiction is like.

## APPENDIX C: THE QUESTIONNAIRE FOR SURVIVORS

### THE SOCIAL AND PSYCHOLOGICAL IMPACT OF TOBACCO USE: HOW TOBACCO AFFECTS OUR LIVES

This questionnaire has two parts.

The *first part* is for you to tell us your personal story of what it is like to have a loved one sick or die from smoking or chewing tobacco. We want you to tell us about the things that happened to you and your family because of the smoking- or chewing-related illness or death. How did you feel? How did you cope? How did it affect your family, your relationships with other people, your attitudes, hopes, and dreams?

Don't worry about spelling, punctuation, or correct word usage. Simply tell us why and how tobacco affected you, who else was involved, over what period of time, how the story began, and if and how it was ever resolved. These are all important to us. (Add extra sheets if you wish to include more details.) We simply are trying to get a better understanding of how tobacco use really affects families and individuals.

The *second part* of this questionnaire, which begins on page 217, is a series of questions asking you about some specific experiences related to tobacco use.

Please complete both parts of the questionnaire and return it to us in the postage-paid envelope we have provided.

If you know others who may be interested in helping us by sharing their experiences, please suggest them to contact us by mail or phone for a questionnaire.

We have a separate questionnaire for people who are tobacco users. If you know of a person who would like to share their thoughts on what it is like to be a smoker or chewer in today’s society, please tell them about our study and ask them to contact us.

Thank you for your help.

Part One:

Tell us what it was like to have a loved one get sick or die from smoking or chewing tobacco.

We want as much information and detail as possible. Add extra pages if you want to, or write on the backs of these pages if you need more space.

*In the original survey, there were four blank 8 1/2 X 11 pages provided after the Part One question, with a note to encourage people to add more pages and to write as much as they needed.*

Part Two:

Now we want to ask you some specific questions about your experience.

*The Part Two questions are all listed here. The original survey left space after the open-ended questions for 1-2 paragraph written responses, and gave writers permission to write on the back of the paper and add more pages as needed*

1. What is the hardest part of watching someone who is sick or dying from tobacco use?
  
2. Did you ever try to get someone (could be yourself) to quit or reduce their use of tobacco?

Yes \_\_\_\_\_  
 No \_\_\_\_\_

If yes, who?  
 Self \_\_\_\_\_  
 Spouse \_\_\_\_\_  
 Child \_\_\_\_\_  
 Parent \_\_\_\_\_  
 Grandparent \_\_\_\_\_  
 Close friend \_\_\_\_\_  
 Other relative \_\_\_\_\_  
 Other \_\_\_\_\_ (please explain)

How did it go?

3. Did you ever try to get someone (could be yourself) to go to a quit-smoking or a quit-chewing program?

Yes \_\_\_\_\_

No \_\_\_\_\_

Please explain

4. Did you ever try to get a woman (could be yourself) to stop tobacco use because she was pregnant? OR try to get a man (could be yourself) to stop because his spouse was expecting?

Yes \_\_\_\_\_

No \_\_\_\_\_

If yes, what happened?

5. Did you ever try to get someone (could be yourself) to not spend so much money on smoking or chewing?

Yes \_\_\_\_\_

No \_\_\_\_\_

If yes, how did they react?

6. Did you ever try to get someone to do something about someone else's smoking?

Yes \_\_\_\_\_

No \_\_\_\_\_

Please explain.

7. Did you ever try to get someone (could be yourself) to see a doctor for a condition that might be related to smoking or chewing?

Yes \_\_\_\_\_

No \_\_\_\_\_

If yes, how did it go?

8. Did you ever try to get someone (could be yourself) to take their medication for a condition caused by tobacco use?

Yes \_\_\_\_\_

No \_\_\_\_\_

If yes, did they accept your suggestion?

9. Did you ever try to help someone dying of a tobacco caused illness?

Yes \_\_\_\_\_

No \_\_\_\_\_

If yes, what did they do and how did you feel about it?

10. Did you ever try to help a friend or relative who was grieving because of the loss of someone to a tobacco-related death?

Yes \_\_\_\_\_

No \_\_\_\_\_

Please explain.

11. Did you ever try to get someone to not smoke in your presence?

Yes \_\_\_\_\_

No \_\_\_\_\_

What happened?

12. Did you ever try to get someone (could be yourself) to not smoke around children?

Yes \_\_\_\_\_

No \_\_\_\_\_

What happened?

13. Did you ever try to convince someone not to start using tobacco?

Yes \_\_\_\_\_

No \_\_\_\_\_

Please explain.

14. Have you ever been involved in educational, policy, or political activities to discourage or prohibit tobacco use?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
What happened?
15. Did you ever try to get your employer to provide a tobacco-free work environment?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
What was your employer's reaction?
16. Did you ever try to get someone (could be yourself) to enforce smoke-free or tobacco-free regulations?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
Please explain.
17. Did you ever try to limit or stop anti-tobacco efforts at your home or at your work place?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
Please explain.
18. When you were having difficulty dealing with a tobacco-related situation, did you turn to someone for help?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
If yes, did it help? How did it help?
19. When you were trying to get someone to change their tobacco use did other people (close to you) support or hinder your efforts?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
Please explain.

20. What do you think about the way tobacco products are advertised?

Before you go on, we need answers to a few questions about you.

21. Gender

Female \_\_\_\_\_

Male \_\_\_\_\_

22. Age: \_\_\_\_\_ years

23. Residence

In a town or a city \_\_\_\_\_

On a farm \_\_\_\_\_

Not on a farm, but outside of a town or city \_\_\_\_\_

24. Employment

Student \_\_\_\_\_

Employed \_\_\_\_\_

Unemployed \_\_\_\_\_

Retired \_\_\_\_\_

25. Please describe your job. \_\_\_\_\_

26. Marital status:

Single, never married \_\_\_\_\_

Married \_\_\_\_\_

Divorced \_\_\_\_\_

Widow/Widower \_\_\_\_\_

27. Education

- High school or less \_\_\_\_\_
- College degree or some college \_\_\_\_\_
- Graduate/professional school \_\_\_\_\_

28. Have any of your close friends or relatives of friends died of tobacco-related diseases?

- Yes \_\_\_\_\_
- No \_\_\_\_\_
- What was their relationship to you?

29. Have you ever seen tobacco use cause problems in a family?

- Yes \_\_\_\_\_
- No \_\_\_\_\_
- What happened?

If you have ever used, smoked, or chewed tobacco, please answer the following questions.

30. Describe your smoking.

- I don't smoke and never did. \_\_\_\_\_
- I experimented a few times but never smoked as many as 100 cigarettes. \_\_\_\_\_
- I was a regular smoker for \_\_\_\_\_ years but quit \_\_\_\_\_ years ago. \_\_\_\_\_
- I smoke now and have done so for \_\_\_\_\_ years. \_\_\_\_\_

31. How would you describe your smoking today?

- I don't smoke. \_\_\_\_\_
- I am an occasional smoker and smoke \_\_\_\_\_

about \_\_\_\_ cigarettes per day. \_\_\_\_\_  
I am a regular smoker and smoke about \_\_\_\_ cigarettes \_\_\_\_\_  
per day. \_\_\_\_\_  
(1 pack = 20 cigarettes)

32. Describe your use of chewing tobacco and/or snuff.  
I don't chew or use snuff and never did. \_\_\_\_\_  
I experimented a few times but never chewed or \_\_\_\_\_  
used snuff regularly. \_\_\_\_\_  
I was a regular user for \_\_\_\_ years but quit \_\_\_\_\_  
\_\_\_\_ years ago. \_\_\_\_\_  
I chew or use snuff and have done so for \_\_\_\_ years. \_\_\_\_\_

33. If you chew or use snuff now, how would you describe your use?  
I don't chew or use snuff. \_\_\_\_\_  
I am an occasional user. About \_\_\_\_ chews a day. \_\_\_\_\_  
I am a regular user. About \_\_\_\_ chews a day. \_\_\_\_\_

34. If you chew or use snuff now, are you trying to quit or reduce your use?  
Yes \_\_\_\_\_  
No \_\_\_\_\_  
How is it going? What's the hardest part?

35. If you have ever used tobacco, tell us how you first began, how old you were, what were the circumstances, and who else was involved.

36. After you began to use tobacco what made you continue to use tobacco?

37. When was the first time you tried to quit or reduce the amount of tobacco you used? Why did you try to quit/reduce? What happened?

38. What was/is the most difficult part of quitting or reducing tobacco use?

39. When and how did you realize you were addicted to tobacco?

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# INDEX

## A

- about the authors, 199
- about the research, 197
- acknowledgments, vii
- acupuncture, 154, 196
- addiction, 153–190, 196
  - being successful at quitting the first time around does not guarantee success the next time, 154
  - born-again nonsmokers, 154
  - former smokers are not immune to addiction a second time, 154
  - former smokers don't necessarily lose the desire to smoke, 153
  - how could they have started in the first place?, 154
  - it's not easy to quit, 153
  - nervousness and headaches, 153
  - physical and mental anguish, 153
  - temptation to smoke during stressful periods, 154
  - the anti-smoking movement, 154
  - trauma of realizing you are addicted, 154
  - trials of loved ones, 153
  - withdrawal assistance, 153

- allergies, 74
- anger, 33, 192
- anger, silence and secrecy, 33–43
- anti-smoking movement, 193
  - battle against smoking, 197
  - “born-again” nonsmokers, 196
- autonomy, 46

## B

- “born-again” nonsmokers, 193, 196
- self-righteousness, 197

## C

- cancer, 194
- children of smokers, 191–192
  - fear for their parent's health, 192
  - health problems related to parents' smoking in the home, 191
  - how parent smoking can hurt relationships with children, 191
- children, smoking children of non-smoking parents sometimes hide their habit from their parents for years, 192

cold turkey, 154, 196  
 communication, 193  
   between smokers and nonsmokers, 193  
   dialogue is essential, 197  
   good versus evil, 197  
   people who dearly love each other, 197  
 compromise, 193, 197  
 control, 107, 195  
   views of nonsmokers, 107  
   views of smokers, 107  
 counseling, 154, 196

**D**

death, 192  
   anger and feelings of guilt, 192  
   silence surrounding, 192  
 DeFrain, John, 199  
 distancing, 192

**E**

estrangement, 192

**F**

fear, 192  
 former smokers, 153  
   are a potential liaison for constructive dialog between smokers and nonsmokers, 108  
   how could they have possibly started smoking in the first place?, 154  
   are not immune to addiction a second time, 154  
   being successful at quitting the first time around does not guarantee success the next time, 154  
   born-again nonsmokers, 154  
   don't necessarily lose the desire to smoke, 153  
   hating everything about smoking, 154

secondhand smoke, 193  
 temptation to smoke during stressful periods, 154  
 the anti-smoking movement, 154

**G**

government, 193  
 government, hypocrisy, 193  
 grandchildren, 192  
 guilt, 191, 192  
   parent smoking seen as evidence of bad parenting or child abuse, 191  
   parents feel guilty for child taking up smoking, 191

**H**

health, 73–105  
   allergies, 194  
   cancer, 194  
   quitting because of health concerns, 154  
   secondhand smoke, 193  
 hostility, 192  
 how has smoking affected your life?, 197  
 humiliation, 192  
 hypnosis, 154, 196

**I**

intimacy, 191  
 intolerance, 192

**L**

liaisons, former smokers are a potential liaison for constructive dialogue between smokers and nonsmokers, 108  
 libido, 191  
 lifestyle, 107–135

**M**

marital and couple relationships, 1–14, 191–192  
 anger, 192  
 closet smoking, 192  
 diminished libido, 191  
 distancing, 192  
 effects of smoking on relationships  
   can be devastating, 191  
 guilt, 191–192  
 physical intimacy, 191  
 physical revulsion, 191  
 pressure to quit, 191  
 shame, 191  
 smoker impotence, 191  
 right to smoke, 191  
 trust, 191  
 communication, 197  
 medical establishment, 74, 194  
   and nonsmokers, 74  
   avoiding doctors, 194  
 methods of quitting, 196

**N**

Newman, Ian, 199  
 nicotine gum, 154, 196  
 nicotine patch, 154, 196  
 nonsmokers  
   and medical establishment, 74  
   communication with smokers, 193  
   perceive smokers as obnoxious and  
   inconsiderate, 108  
   secondhand smoke, 193  
   self-righteousness, 197  
   tend to befriend nonsmokers, 108

**P**

parent-child relationships, 15–32  
 communication, 197  
   how parent smoking hurts relation-  
   ships with children, 191

humiliation and hurt, 192  
 negatively affected by smoking, 191  
 parental authority, 192  
 parental rights, 192  
 parents feel bad for smoke's effects  
   on child's health, 191  
 parents feel guilty when a child takes  
   up smoking, 191  
 parents feel humiliated and abused,  
   191  
 secrecy, 192  
 smoking seen as child abuse, 191  
 smoking seen as evidence of bad  
   parenting, 191  
 smoking parents frustrated they  
   could not prevent child's taking  
   up smoking, 191–192  
 personal rights, 45–71, 191, 193  
 physical revulsion, 191  
 pleasure, 195–196  
 preface, v–vi  
 pressure to quit in marital and couple  
   relationships, 191  
 privilege, 192  
 public and private space, 45

**Q**

quitting, 153–190, 194, 196  
   after cancer and/or surgery, 154  
   because a loved one pressures you to  
   quit often leads to secret smok-  
   ing and resentment, 154  
   because of concerns for the health of  
   those around you, 154  
   because of health concerns, 154  
   being successful at quitting the first  
   time around does not guarantee  
   success the next time, 154  
   born-again nonsmokers, 154  
   elation of being free of cigarettes,  
   154  
   finding the discipline to quit, 153

- finding the will to quit, 153
  - former smokers don't necessarily
    - lose the desire to smoke, 153
  - have to genuinely want to, 154
  - how could they have started in the first place?, 154
  - methods for quitting, 154; acupuncture, 154; cold turkey, 154; counseling, 154; gum, 154; hypnosis, 154; nicotine patch, 154; reducing number and frequency of cigarettes before quitting altogether, 154; stop-smoking programs, 154; tapering off cigarettes, 154
  - necessary lifestyle changes, 153
  - nervousness and headaches, 153
  - only when your health is in critical condition, 154
  - physical and mental anguish, 153
  - smokers who can't quit, 192
  - smokers who don't want to quit, 192
  - smokers who want to quit but feel they can't, 192
  - the anti-smoking movement, 154
  - the illusions many smokers have that they are in control of the process of quitting, 154
  - temptation to smoke again during stressful periods, 154
  - trauma of realizing you are addicted, 154
  - trials of loved ones, 153
  - weight gain, 153
  - withdrawal assistance, 153
- R**
- rejection, 192
  - relationships, 108, 195
    - how relationships have been constructed or destroyed around tobacco use, 108
    - nonsmokers tend to befriend nonsmokers, 108, 195
    - smokers tend to befriend smokers, 108, 195
    - smokers often feel they are more social and friendly when compared to nonsmokers, 108
    - social ostracism, 108
  - research, 197
    - bibliography, 223–228
    - the questionnaire for smokers, 207–213
    - the questionnaire for survivors, 215–222
    - why and how we did this study, 129–206
  - resentment, 154
  - right to smoke, 191. *See also* personal rights
  - role models, 195
- S**
- secondhand smoke, 73, 193, 194
  - secrecy, 33, 192
    - children hide their smoking from of non-smoking parents, 192
    - closet smoking, 192
    - secret smoking, 154
  - self-righteousness, 197
  - sensual pleasure of smoking, 195–196
  - sexual impotence, 191
  - shame, 191
  - silence, 33, 192, 193
    - estrangement, 192
    - unresolved emotional pain, 192
    - within the family, 192
  - smoke-related disease, 74
  - smokers:

- anger, 192  
 avoiding doctors, 194  
 cancer, 194  
 communication with nonsmokers, 193  
 death, 192  
 grandchildren, 192  
 guilt, 192  
 health, 193  
 lifelong smokers, 192; “closet smoking”, 192; personal rights, 192; secrecy, 192  
 nonsmokers are a privileged majority, 192  
 quitting, 194  
 rejection and humiliation, 192  
 secondhand smoke, 193  
 secrecy, 192  
 silence, 192  
 smokers tend to befriend smokers, 108  
 smokers who can’t quit, 192; closet smoking, 192; personal rights, 192; secrecy, 192; self-righteousness, 197  
 smokers who quit, 192  
 smokers who want to quit but feel they can’t, 192  
 social, psychological and cultural reasons to smoke, 195  
 unrepentant smokers, 192; born-again nonsmokers, 193; closet smoking, 192; hostility from nonsmokers, 192; intolerance from nonsmokers, 192; nonsmokers are a privileged majority, 192; personal rights, 192; secondhand smoke, 193; secrecy, 192; self-righteousness, 197  
 why people smoke, 195  
 smokers, adjusting to life without cigarettes, 107  
 smoking:  
   access, 137  
   and daily routine, 153  
   and self-medication, 137  
   as a young person, 137  
   evidence of bad parenting or child abuse, 191  
   feeling grown up, fitting in, being cool, being one of the guys, 137  
   imitating role models, 137  
   in the military, 137  
   it’s not easy to quit, 153  
   low self-esteem, 137  
   quitting, 153–190  
   rebellion, 137  
   smokers’ rights, 137–151  
   sophistication, glamour, and mystery, 137  
   the battle against smoking, 197  
   the chemical effects of tobacco, 153  
   the sensuality of smoking, 153  
   to control weight, 137  
   why people smoke, 137  
 social ostracism, 108  
 solutions, 197  
 stop-smoking programs, 154, 196  
 survivors, death of loved one from smoking disease, 192
- T**
- talking about smoking, 191–197  
   beginning the dialog, 191–197  
   effects of smoking on relationships can be devastating, 191  
 tapering off cigarettes, 154, 196  
 tobacco  
   chemical effects of, 153

determines one's daily activities,  
    livelihood, relationships, and  
    health, [107](#)  
power of tobacco, [107](#), [194](#)  
trust, [191](#)

**Y**  
young people, [195](#)