

TO THE POINT ACUPUNCTURE

HEALTH HISTORY QUESTIONNAIRE

NAME: _____ DATE: _____

ADDRESS (include street, apt. #, city, state, zip)

EMAIL: _____ DOB: _____

HOME PHONE: _____ WORK: _____ CELL: _____

AGE: _____ HEIGHT: _____ WEIGHT _____ OCCUPATION: _____

HEALTH INSURANCE COMPANY: _____

FAMILY PHYSICIAN: _____

EMERGENCY CONTACT (name, phone number, and relation to you)

HOW DID YOU HEAR ABOUT THIS OFFICE? _____

ARE YOU READY TO QUIT SMOKING?

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

_____ within 5 minutes?

_____ 6-30 minutes?

_____ more than 30 minutes?

2. Which of the following statements best describes your interest in quitting?

_____ I wish to quit now.

_____ I want to quit smoking soon, but not right away.

_____ I want to continue smoking but have thought about quitting.

_____ I want to continue to smoke and have no interest in quitting.

3. How many serious attempts (one day or more) have you made at quitting smoking in the past year?

_____ 0.

_____ 1-2.

_____ 3-4.

_____ 5 or more.

4. How much pressure do you get from family members or close friends to stop smoking?

_____ no pressure.

_____ lots of pressure.

5. Do you worry that you smoke more than is safe?

_____ not at all.

_____ sometimes.

_____ most of the time.

6. Have you tried quitting in the last six months?

_____ yes.

_____ no.

7. What methods have you used to help you stop smoking in the past? (check all that apply)

- cold turkey.
- nicotine patch.
- nicotine gum.
- hypnosis.
- group stop smoking clinic/program.
- acupuncture.

8. How many years have you been smoking?

- less than 5?
- 5-10 years?
- 11-15 years?
- 16-20 years?
- more than 20 years?

9. Which of the following would keep you from succeeding in stopping smoking?
(check all that apply)

- little support from my family and friends.
- cravings to smoke are too intense.
- fear of weight gain.
- no will power.
- fear of failure.
- too much stress.

10. In an average day, how many cigarettes do you usually smoke?

- less than half a pack?
- half to 1 pack?
- 1-2 packs?
- 2-3 packs?
- more than 3 packs?