

[Open Peer Review on Qeios](#)

# Contemplation Ladder Readiness to Quit Smoking Likert Scale

National Cancer Institute

## Source

National Cancer Institute. *Contemplation Ladder Readiness to Quit Smoking Likert Scale*.  
NCI Thesaurus. Code C124861.

A scale for the subjective scoring of readiness to quit smoking that ranges from 0: I am not ready to quit to 10: I am ready to quit now.