

Heaviness of Smoking Index

Use the following test to score a patient's level of nicotine dependence once they have been identified as a current or recent smoker

Please tick (☑) one box for each question		
How soon after waking do you smoke your first cigarette?	<input type="checkbox"/> Within 5 minutes <input type="checkbox"/> 5-30 minutes <input type="checkbox"/> 31-60 minutes <input type="checkbox"/> 60+ minutes	<input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
How many cigarettes a day do you smoke?	<input type="checkbox"/> 10 or less <input type="checkbox"/> 11 – 20 <input type="checkbox"/> 21 – 30 <input type="checkbox"/> 31 or more	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
		Total Score
SCORE	1- 2 = very low dependence 3 = low to mod dependence	4 = moderate dependence 5 + = high dependence