

Nicotine Dependence Syndrome Scale

INSTRUCTIONS: Please read each statement carefully and then circle the number that best describes your experiences with cigarettes. If you are a former smoker, please answer the questions for the period when you smoked cigarettes.

	1 Not at all True	2 Somewh at True	3 Moderat ely True	4 Very True	5 Extremely True
1 My smoking pattern is very irregular throughout the day. It is not unusual for me to go smoke many cigarettes in an hour, then not have another one until hours later	1 0	2 0	3 0	4 0	5 0
2 My smoking is not much affected by other things. I smoke about the amount whether I'm relaxing or working, happy or sad, alone or with others, etc.	1 0	2 0	3 0	4 0	5 0
3 Even if traveling a long distance, I'd rather not travel by airplane because I wouldn't be allowed to smoke	1 0	2 0	3 0	4 0	5 0
4 Sometimes I decline offers to visit with my non-smoking friends because I know they'll feel uncomfortable if I smoke	1 0	2 0	3 0	4 0	5 0
5 I tend to avoid restaurants that don't allow smoking, even if I would otherwise enjoy the food	1 0	2 0	3 0	4 0	5 0
6 I smoke consistently and regularly throughout the day	1	2	3	4	5
7 I smoke at different rates in different situations	1 0	2 0	3 0	4 0	5 0
8 Compared to when I first started smoking, I need to smoke a lot more now in order to really get what I want out of it	1 0	2 0	3 0	4 0	5 0
9 Compared to when I first started smoking, I can smoke much, much more now before I start to feel nauseated or ill	1 0	2 0	3 0	4 0	5 0
10 After not smoking for a while, I need to smoke in order to keep myself from experiencing any discomfort	1 0	2 0	3 0	4 0	5 0
11 It's hard to estimate how many cigarettes I smoke per day because the number often changes	1 0	2 0	3 0	4 0	5 0
12 I feel a sense of control over my smoking. I can "take it or leave it" at any time	1 0	2 0	3 0	4 0	5 0
13 The number of cigarettes I smoke per day is often influenced by other factors - how I'm feeling, what I'm doing, etc.	1 0	2 0	3 0	4 0	5 0
14 When I'm really craving a cigarette, it feels like I'm in the grip of some unknown force that I cannot control	1 0	2 0	3 0	4 0	5 0
15 Since the time when I became a regular smoker, the amount I smoke has either stayed the same or has decreased somewhat	1 0	2 0	3 0	4 0	5 0
16 Whenever I go without a smoke for a few hours, I experience craving	1 0	2 0	3 0	4 0	5 0
17 My cigarette smoking is fairly regular throughout the day	1	2	3	4	5
18 After not smoking for a while, I need to smoke to relieve feelings of restlessness and irritability	1 0	2 0	3 0	4 0	5 0
19 I smoke about the same amount on weekends as on weekdays	1 0	2 0	3 0	4 0	5 0