Smoking: Nicotine Dependence for All Smokers – Short Form 8a

Please respond to each question or statement by marking one box per row.

		Never	Rarely	Sometimes	Often	Always
SMKNDEP01	When I haven't been able to smoke for a few hours, the craving gets intolerable…...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP02	I find myself reaching for cigarettes without thinking about it……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP03	I drop everything to go out and buy cigarettes……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP04	I smoke more before going into a situation where smoking is not allowed……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP06	When I'm really craving a cigarette, it feels like I'm in the grip of some unknown force that I cannot control……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP08	After not smoking for a while, I need to smoke in order to avoid feeling any discomfort……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
SMKNDEP05	I crave cigarettes at certain times of day…	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP07	My urges to smoke keep getting stronger if I don't smoke……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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