Smoking: Nicotine Dependence for Daily Smokers

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
SMKNDEP15	When I run out of cigarettes, I find it almost unbearable……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP16	I get a real gnawing hunger for a cigarette when I haven't smoked in a while……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP17	I smoke even when I am so ill that I am in bed most of the day……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP18	When I go too long without a cigarette I feel impatient……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP19	When I go too long without a cigarette I get strong urges that are hard to get rid of..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP22	I am tempted to smoke when I realize I haven't smoked for a while…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP23	I smoke when I am alone……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP25	I am tempted to smoke when I am happy...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP26	I am tempted to smoke when I am driving.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP27	After eating I want a cigarette…….....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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		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
SMKNDEP09	My desire to smoke seems overpowering..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP10	Cravings for a cigarette make it difficult for me to quit……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP11	It is hard to ignore urges to smoke…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP12	When I go without a cigarette for a few hours, I experience craving…….....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP13	I frequently crave cigarettes……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP14	The idea of not having any cigarettes causes me stress……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP20	It is hard for me to go without smoking for a whole day……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP21	Smoking is a large part of my daily life….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP24	The thought of never smoking again is overwhelming…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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