Smoking: Nicotine Dependence for Nondaily Smokers

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

		Never	Rarely	Sometimes	Often	Always
SMKNDEP01_nd	When I haven't been able to smoke for a few hours, the craving gets intolerable…..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP02_nd	I find myself reaching for cigarettes without thinking about it……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP03_nd	I drop everything to go out and buy cigarettes……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP04_nd	I smoke more before going into a situation where smoking is not allowed……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP06_nd	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_nd	After not smoking for a while, I need to smoke in order to avoid feeling any discomfort……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP15_nd	When I run out of cigarettes, I find it almost unbearable……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP16_nd	I get a real gnawing hunger for a cigarette when I haven't smoked in a while……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP17_nd	I smoke even when I am so ill that I am in bed most of the day……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP18_nd	When I go too long without a cigarette I feel impatient…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP19_nd	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_nd	I am tempted to smoke when I realize I haven't smoked for a while…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
		Not at all	**A little bit**	**Somewhat**	**Quite a bit**	**Very much**
SMKNDEP05_nd	I crave cigarettes at certain times of day…	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP07_nd	My urges to smoke keep getting stronger if I don't smoke……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP09_nd	My desire to smoke seems overpowering..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP10_nd	Cravings for a cigarette make it difficult for me to quit……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP11_nd	It is hard to ignore urges to smoke…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKNDEP12_nd	When I go without a cigarette for a few hours, I experience craving……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP13_nd	I frequently crave cigarettes……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP14_nd	The idea of not having any cigarettes causes me stress……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP20_nd	It is hard for me to go without smoking for a whole day……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP21_nd	Smoking is a large part of my daily life….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP28_nd	I become more addicted the more I smoke…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP29_nd	I feel like I smoke all the time……	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP30_nd	I would go crazy if I couldn't smoke……..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP31_nd	If I quit smoking I will experience intense cravings for a cigarette……...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SMKNDEP32_nd	My life is full of reminders to smoke…….	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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