WELLNESS WORKSHEET 55

Nicotine Dependence: Are You Hooked?

Answer each question in the list below, giving yourself the appropriate points. Completing the smoking journal on the reverse may help you answer these questions more accurately.

1. How soon after you wake up do you have your first cigarette?
   a. within 5 minutes (3)
   b. 6–30 minutes (2)
   c. 31–60 minutes (1)
   d. After 60 minutes (0)

2. Do you find it difficult to refrain from smoking in places where it is forbidden, such as the library, theater, or a doctor’s office?
   a. yes (1)
   b. no (0)

3. Which cigarette would you most hate to give up?
   a. the first one in the morning (1)
   b. any other (0)

4. How many cigarettes a day do you smoke?
   a. 10 or less (0)
   b. 11–20 (1)
   c. 21–30 (2)
   d. 31 or more (3)

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
   a. yes (1)
   b. no (0)

6. Do you smoke if you are so ill that you are in bed most of the day?
   a. yes (1)
   b. no (0)

Total

A total score of 7 or greater indicates that you are very dependent on nicotine and are likely to experience withdrawal symptoms when you stop smoking. A score of 6 or less indicates low to moderate dependence.

INTERNET ACTIVITY

Many Web sites offer help for smokers who want to quit. Visit one of the following or do a search to find another appropriate site. Write a description and evaluation of the quitting information offered. What information or advice is provided? Do you find it personally useful for quitting?

American Cancer Society: http://www.cancer.org
American Lung Association: http://www.lungusa.org
Try to stop: http://www.makesmokinghistory.org

Site visited (URL): ____________________________________________________________

Description:

(over)
## Smoking Journal

<table>
<thead>
<tr>
<th>Date __________________________</th>
<th>Day M</th>
<th>TU</th>
<th>W</th>
<th>TH</th>
<th>F</th>
<th>SA</th>
<th>SU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time of day N R Where were you?</td>
<td>What else were you doing?</td>
<td>Did someone else influence you?</td>
<td>Emotions and feelings?</td>
<td>Thoughts and concerns?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

N = Number of cigarettes  
R = Rating (0–3) of how much you wanted cigarette