



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.

- | | |
|---|--|
| <p>_____ 1. How soon after you wake up do you have your first cigarette?</p> <p style="margin-left: 20px;">a. within 5 minutes (3)</p> <p style="margin-left: 20px;">b. 6–30 minutes (2)</p> <p style="margin-left: 20px;">c. 31–60 minutes (1)</p> <p style="margin-left: 20px;">d. After 60 minutes (0)</p> <p>_____ 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?</p> <p style="margin-left: 20px;">a. yes (1)</p> <p style="margin-left: 20px;">b. no (0)</p> <p>_____ 3. Which cigarette would you most hate to give up?</p> <p style="margin-left: 20px;">a. the first one in the morning (1)</p> <p style="margin-left: 20px;">b. any other (0)</p> <p>_____ 4. How many cigarettes a day do you smoke?</p> <p style="margin-left: 20px;">a. 10 or less (0)</p> <p style="margin-left: 20px;">b. 11–20 (1)</p> <p style="margin-left: 20px;">c. 21–30 (2)</p> <p style="margin-left: 20px;">d. 31 or more (3)</p> | <p>_____ 5. Do you smoke more frequently during the first hours after waking than during the rest of the day?</p> <p style="margin-left: 20px;">a. yes (1)</p> <p style="margin-left: 20px;">b. no (0)</p> <p>_____ 6. Do you smoke if you are so ill that you are in bed most of the day?</p> <p style="margin-left: 20px;">a. yes (1)</p> <p style="margin-left: 20px;">b. no (0)</p> <p>_____ Total</p> <p>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.</p> |
|---|--|

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 brief 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>

SmokeFree.Gov: <http://www.smokefree.gov>

Try to stop: <http://www.makesmokinghistory.org>

Site visited (URL): _____

Description:

(over)

