

LEVEL OF DEPENDENCE ASSESSMENT

FOR CIGARETTE SMOKERS:

How many cigarettes do you smoke per day?

- | | | | |
|----|------------|----|------------|
| A. | 10 or less | C. | 21 - 30 |
| B. | 11 - 20 | D. | 31 or more |

How soon after you wake up do you smoke your first cigarette?

- | | | | |
|----|--------------|----|--------------|
| A. | After 60 min | C. | 5 - 30 min |
| B. | 31 - 60 min | D. | Within 5 min |
-

FOR SMOKELESS TOBACCO USERS:

How many cans of smokeless tobacco do you use in a week?

- | | | | |
|----|---------------|----|----------------|
| A. | 1 can or less | C. | 3 cans |
| B. | 2 cans | D. | 4 or more cans |

How soon after you wake up do you put in your first dip of chewing tobacco?

- | | | | |
|----|--------------|----|--------------|
| A. | After 60 min | C. | 5 - 30 min |
| B. | 31 - 60 min | D. | Within 5 min |
-

A: 0 Points

B: 1 Point

C: 2 Points

D: 3 Points

Total Score

0 - 2 Points

3 - 4 Points

5 - 6 Points

Level of Dependence

Low Dependence

Moderate Dependence

High Dependence

