

Jamison: Patient Education and Wellness

HANDOUT 16.8: SELF-CHECK FOR SEVERITY OF NICOTINE ADDICTION

Screening for nicotine dependence.

- ☐ I smoke within 30 minutes of waking
- ☐ I smoke when ill
- ☐ I always inhale
- ☐ I smoke more than 15 cigarettes a day (double checks if more than 25)
- ☐ I smoke cigarettes with a nicotine content of over 5 mg(double checks if more than 10 mg/cigarette)

If you have ticked some of the above options check the nature of the addiction:

- ☐ Smoking for stimulation is characterized by:
 - ☐ sometimes inhaling
 - ☐ smoking about one cigarette per hour
 - ☐ smoking regularly
 - ☐ smoking more than 15 cigarettes a day
 - ☐ drinking more coffee when reducing your smoking
 - ☐ compulsively smoking despite being aware of the adverse effects
 - ☐ experiencing an increasing desire to smoke if stuck in non-smoking areas
- ☐ Nicotine craving is characterized by:
 - ☐ always inhaling
 - ☐ smoking at least one cigarette every 30 minutes.
 - ☐ smoking a cigarette within 30 minutes of waking
 - ☐ smoking more in the morning than later in the day
 - ☐ most enjoying the first cigarette of the day
 - ☐ smoking when ill in bed
 - ☐ smoking more than 25 cigarettes a day
 - ☐ smoking a brand of cigarettes with a high nicotine content
 - ☐ demonstrating withdrawal symptoms: irritability, restlessness, inability to concentrate, sleep disturbance, weight gain, constipation or diarrhoea.
Withdrawal symptoms are usually most severe 4–96 hours after the last cigarette; a second peak of withdrawal symptoms is experienced about 10 days after quitting
 - ☐ demonstrating nicotine tolerance. Tolerance develops to the pallor, nausea, and vomiting symptoms associated with high blood nicotine levels
 - ☐ having a history of a high relapse rate after attempts to quit

See Nicotine Dependency Calculator

<http://www.healthcalculators.org/calculators/nicotine.asp>

See Nicotine aids for quitters

<http://www.webmd.com/video/quit-smoking-aids>

Readiness to Quit calculator

<http://www.webmd.com/smoking-cessation/tc/interactive-tool-are-you-ready-to-quit-smoking-what-does-this-tool-measure>