



HIS
HEAVINESS OF SMOKING INDEX

Questions

- 1) How soon after waking do you smoke your first cigarette?
 - a. Within 5 minutes: 3 points
 - b. Within 30 minutes: 2 points
 - c. Within 1 hour: 1 point

- 2) How many cigarettes do you smoke per day?
 - a. More than 30 per day: 3 points
 - b. 21 to 30 per day: 2 points
 - c. 11 to 20 per day: 1 point

SCORING

5-6 points: Heavy nicotine dependence

3-4 points: Moderate nicotine dependence

0-2 points: Light nicotine dependence

Heatheron, T.F., Kozolwski, L., Frecker, R.C., Rickert, W., & Robinson, J. Measuring the heaviness of smoking: using self-reported time to the first cigarette of the day and number of cigarettes smoked per day. *British Journal of Addiction*. 1989. 84: 791-799.