Smoking: Nicotine Dependence for Daily Smokers – Short Form 8a

Please respond to each question or statement by marking one box per row.

		Never	Kareiy	Sometimes	Orten	Aiways
SMKNDEP01	When I haven't been able to smoke for a few hours, the craving gets intolerable	1	2	3	4	5
SMKNDEP02	I find myself reaching for cigarettes without thinking about it	1	2	3	4	5
SMKNDEP03	I drop everything to go out and buy cigarettes	1	2	3	4	5
SMKNDEP04	I smoke more before going into a situation where smoking is not allowed	1	2	3	4	5
SMKNDEP06	When I'm really craving a cigarette, it feels like I'm in the grip of some unknown force that I cannot control	1	2	3	4	5
SMKNDEP08	After not smoking for a while, I need to smoke in order to avoid feeling any discomfort.	1	2	3	4	5
		Not at all	A little bit	Somewhat	Quite a bit	Very much
SMKNDEP05	I crave cigarettes at certain times of day	1	2	3	4	5
SMKNDEP07	My urges to smoke keep getting stronger if I don't smoke	1	2	3	4	5