



Tobacco Cessation Toolkit

Assessing Nicotine Withdrawal

(adapted from Minnesota Nicotine Withdrawal Scale)

If receiving pharmacotherapy and moderate to severe withdrawal symptoms persist reassess: technique, dose and frequency.

0 = none 1 = slight 2 = mild 3 = moderate 4 = severe

Symptoms

Desire/cravings	0	1	2	3	4
Anger/irritability/frustration	0	1	2	3	4
Anxiety/nervousness	0	1	2	3	4
Difficulty concentrating	0	1	2	3	4
Restlessness	0	1	2	3	4
Insomnia/sleep problems/waking at night	0	1	2	3	4
Increased appetite/weight gain	0	1	2	3	4
Depressed mood*	0	1	2	3	4

Total score:

Caution

Quitting smoking can decrease tolerance to caffeine. Symptoms associated with this increase in caffeine effect can often be confused with nicotine withdrawal symptoms.

*Complete brief mood assessment (PHQ-2) if moderate to severe depressed mood identified.