



# TOBACCO CESSATION TOOLKIT

Resources for healthcare professionals

## Heaviness of Smoking Scale

Use the following test to score a patient's level of nicotine dependence once they have been identified as a current or recent smoker

Please tick ( ✓ ) one box for each question		
How soon after waking do you smoke your first cigarette?	Within 5 minutes 5-30 minutes 31-60 minutes 60+ minutes	<input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
How many cigarettes a day do you smoke?	10 or less 11 – 20 21 – 30 31 or more	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
		_____ Total Score
<b>SCORE</b>	1- 2 = very low dependence  3 = low to mod dependence	4 = moderate dependence 5 + = high dependence



[AlbertaQuits.ca](http://AlbertaQuits.ca)

Call toll-free  
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