

Screening Tools

The Hooked on Nicotine Checklist

1. Have you ever tried to quit but couldn't?
2. Do you smoke now because it is really hard to quit?
3. Have you ever felt like you were addicted to tobacco?
4. Do you ever have strong cravings to smoke?
5. Have you ever felt like you really needed a cigarette?
6. Is it hard to keep from smoking in places where you are not supposed to, like school?

In answering the last four questions, when you tried to stop smoking, or when you have not used tobacco for a while ...

7. Did you find it hard to concentrate?
8. Did you feel more irritable?
9. Did you feel a strong need or urge to smoke?
10. Did you feel nervous, restless or anxious because you couldn't smoke?

Fagerstrom

1. How many cigarettes a day do you smoke?

- a. Over 26 cigarettes a day (2)
- b. About 16-25 cigarettes a day (1)
- c. About 1-15 cigarettes a day (0)
- d. Less than 1 a day (0)

2. Do you inhale?

- a. Always (2)
- b. Quite often (1)
- c. Seldom (1)
- d. Never (0)

3. How soon after you wake up do you smoke your first cigarette?

- a. Within the first 30 minutes (1)
- b. More than 30 minutes after waking but before noon (0)
- c. In the afternoon (0)
- d. In the evening (0)

4. Which cigarette would you hate to give up?

- a. First cigarette in the morning (1)
- b. Any other cigarette before noon (0)
- c. Any other cigarette afternoon (0)
- d. Any other cigarette in the evening (0)

5. Do you find it difficult to refrain from smoking in places where it is forbidden?

- a. Yes, very difficult (1)
- b. Yes, somewhat difficult (1)
- c. No, not usually difficult (0)
- d. No, not at all difficult (0)

6. Do you smoke if you are so ill that you are in bed most of the day?

- a. Yes, always (1)
- b. Yes, quite often (1)
- c. No, not usually (0)
- d. No, never (0)

7. Do you smoke more during the first 2 hours than during the rest of the day?

- a. Yes (1)
- b. No (1)

Fagerstrom, K.O. (1978). Measuring the degree of physical dependency to tobacco smoking with reference to individualization of treatment. *Addictive Behaviors*, 3, 235-241.
Prokhorov AV, Pallonen UE, Fava JL, Lin D. Measuring nicotine dependence among high-risk adolescent smokers. *Addictive Behaviors*. 1996;21(1): 117-127.

American Academy of Pediatrics

AAP Section on Tobacco Control (Richmond Center)

<http://www2.aap.org/richmondcenter/index.html>

Includes presentations for download and links for clinicians, community, youth resources

Canadian Pediatric Society

<http://www.cps.ca/en/documents/position/preventing-smoking>

<http://www.cps.ca/en/documents/position/smoking-cessation>

Others

Monitoring the Future (MTF) Survey

National Institute on Drug Abuse (NIDA)

Centers for Disease Control and Prevention (CDC) National Youth Tobacco Survey

Existing Practice Guidelines

U.S. Department of Health and Human Services Public Health Service. (2008, May).

Clinical practice guideline: Treating tobacco use and dependence: 2008 update.

Ministry of Health. (2007, August). New Zealand smoking cessation guidelines. Wellington: Ministry of Health.

Registered Nurses Association of Ontario (RNAO). (2007, March). Integrating smoking cessation into daily nursing practice. *f* Institute for Clinical Systems Improvement (ICSI). (2004, June). Tobacco use prevention and cessation for infants, children and adolescents.

Institute for Clinical Systems Improvement (ICSI). (2004, June). Health care guideline: Tobacco use prevention and cessation for adults and mature adolescents.

US Community Prevention Guidelines. The guide to community preventive services: what works to promote health? / Task Force on Community Preventive Services; edited by Stephanie Zaza, Peter A. Briss, Kate W. Harris. p. cm

For youth and families

Healthy Children (AAP): Alternate forms of tobacco

<https://www.healthychildren.org/English/health-issues/conditions/tobacco/Pages/Alternative-Forms-of-Tobacco.aspx>

Richmond Center (AAP): Alternate forms of tobacco

<http://www2.aap.org/richmondcenter/pdfs/AltFormsOfTobacco.pdf>

CDC Fact Sheets on Youth Tobacco:

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use