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## PREPARING TO QUIT SMOKING

### Heavy Smoking Index

- How many cigarettes, on average, do you smoke per day?  
1-10 (score 0) 11-20 (score 1) 21-30 (score 2) 31+ (score 3)
- How soon after waking do you smoke your first cigarette?  
Within 5 minutes (score 3) 6-30 minutes (score 2) 31-60 minutes (score 1)  
61+ minutes (score 0)

An HSI score  $\geq 4$  indicates a high level of nicotine dependence and the need for specific strategies to combat acute nicotine withdrawal symptoms

### Mood and Physical Symptoms Scale

- How much of the time have you felt the urge to smoke today? (please circle)  
not at all (0), a little of the time (1), some of the time (2), a lot of the time (3),  
almost all the time (4), all the time (5)
- How strong have the urges been today? (please circle)  
no urges (0), slight (1), moderate (2), strong (3), very strong (4), extremely  
strong (5)

### Motivation to stop scale

Which of the following statements best describes you? (please circle)

1. "I don't want to stop smoking"
2. "I think I should stop smoking but don't really want to"
3. "I want to stop smoking but haven't thought about when"
4. "I really want to stop smoking but I don't know when I will"
5. "I want to stop smoking and hope to soon"
6. "I really want to stop smoking and intend to in the next 3 months"
7. "I really want to stop smoking and intend to in the next month".