

Modified Horn-Russell Tobacco Scale

Please answer each question with:
0 = no; 1 = little; 2 = moderate; 3 = very much

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|---|---|---|---|---|
| 1. I get a definite craving to smoke when I have to stop for a while: | 0 | 1 | 2 | 3 |
| 2. I light up a cigarette without realizing I still have one burning in the ashtray: | 0 | 1 | 2 | 3 |
| 3. I smoke automatically without even being aware of it: | 0 | 1 | 2 | 3 |
| 4. When I have ran out of cigarettes, I find it almost unbearable until I can get them: | 0 | 1 | 2 | 3 |
| 5. I find it difficult to go as long as an hour without smoking: | 0 | 1 | 2 | 3 |
| 6. I find myself smoking without remembering lighting up: | 0 | 1 | 2 | 3 |
| 7. I get a real gnawing hunger to smoke when I have not smoked for a while: | 0 | 1 | 2 | 3 |
| 8. I am very much aware of the fact when I am not smoking: | 0 | 1 | 2 | 3 |
| 9. I would find it difficult to go without smoking as long as a week: | 0 | 1 | 2 | 3 |

Scoring – Total score is 0 to 27, with heavily addicted to nicotine at greater than 18 points.