The Cigarette Dependence Scale, English-language version

Questions	Response options	Recoding	
1. Please rate your addiction to cigarettes on a scale of 0 to 100: - I am NOT addicted to cigarettes at all = 0 - I am extremely addicted to cigarettes = 100	___ Addiction	0-20 21-40 41-60 61-80 81-100	= 1 = 2 = 3 = 4 = 5
2. On average, how many cigarettes do you smoke per day?	___ Cigarettes / day	0-5 6-10 11-20 21-29 30+	= 1 = 2 = 3 = 4 = 5
3. Usually, how soon after waking up do you smoke your first cigarette?	___ Minutes	0-5 6-15 16-30 31-60 61+	= 5 = 4 = 3 = 2 = 1
4. For you, quitting smoking for good would be:	Impossible = 5 Very difficult = 4 Fairly difficult = 3 Fairly easy = 2 Very easy = 1	No recoding	

Please indicate whether you agree with each of the following statements:

5. After a few hours without smoking, I feel an irresistible urge to smoke	Totally disagree = 1 Somewhat disagree = 2 Neither agree nor disagree = 3 Somewhat agree = 4 Fully agree = 5	
6. The idea of not having any cigarettes causes me stress	Totally disagree = 1 Somewhat disagree = 2 Neither agree nor disagree = 3 Somewhat agree = 4 Fully agree = 5	
7. Before going out, I always make sure that I have cigarettes with me	Totally disagree = 1 Somewhat disagree = 2 Neither agree nor disagree = 3 Somewhat agree = 4 Fully agree = 5	
8. I am a prisoner of cigarettes	Totally disagree = 1 Somewhat disagree = 2 Neither agree nor disagree = 3 Somewhat agree = 4 Fully agree = 5	
9. I smoke too much	Totally disagree = 1	

	Somewhat disagree	= 2
	Neither agree nor disagree	= 3
	Somewhat agree	= 4
	Fully agree	= 5

10. Sometimes I drop everything to go out and buy cigarettes

	Totally disagree	= 1
	Somewhat disagree	= 2
	Neither agree nor disagree	= 3
	Somewhat agree	= 4
	Fully agree	= 5

11. I smoke all the time

	Totally disagree	= 1
	Somewhat disagree	= 2
	Neither agree nor disagree	= 3
	Somewhat agree	= 4
	Fully agree	= 5

12. I smoke despite the risks to my health

	Totally disagree	= 1
	Somewhat disagree	= 2
	Neither agree nor disagree	= 3
	Somewhat agree	= 4
	Fully agree	= 5