

Patient Name: _____ Patient DOB: ____/____/____ Today's Date: ____/____/____

QSU-brief

Please read each statement below and circle the answer that best describes how you feel right now.

	Disagree Strongly Disagree		Neither Agree nor Disagree			Strongly Agree	
1. I have a desire for a cigarette right now.	1	2	3	4	5	6	7
2. Nothing would be better than smoking a cigarette right now	1	2	3	4	5	6	7
3. If it were possible, I probably would smoke now.	1	2	3	4	5	6	7
4. I could control things better right now if I could smoke.	1	2	3	4	5	6	7
5. All I want right now is a cigarette.	1	2	3	4	5	6	7
6. I have an urge for a cigarette.	1	2	3	4	5	6	7
7. A cigarette would taste good now.	1	2	3	4	5	6	7
8. I would do almost anything for a cigarette now.	1	2	3	4	5	6	7
9. Smoking would make me less depressed.	1	2	3	4	5	6	7
10. I am going to smoke as soon as possible.	1	2	3	4	5	6	7

Additional Questions: Have you smoked since your quit date? Y/N or Not Applicable

If you have answered yes, how many cigarettes per day? _____

Heaviness of Smoking Index (HSI)

- On the days that you smoke, how soon after you wake up do you have your first cigarette?
 - Within 5 minutes (3 points)
 - 6- 30 minutes (2 points)
 - 31-60 minutes (1 point)
 - After 60 minutes (0 points)

- How many cigarettes do you typically smoke per day?

- 10 or fewer (0 points)
- 11-20 (1 point)
- 21-30 (2 points)
- 31 or more (3 points)

SCORING:

- 0-2: low addiction
- 3-4: moderate addiction
- 5-6: high addiction