

Tobacco Cessation Toolkit

Heaviness of Smoking Index (HSI)

The following scale can be used to score a patient's level of nicotine dependence, once they have been identified as a current or recent smoker.

Please tick (✓) one box for each question		
How soon after waking do you smoke your first cigarette?	Within 5 minutes 5 – 30 minutes 31 – 60 minutes 60+ minutes	<input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
How many cigarettes a day do you smoke?	10 or less 11 – 20 21 – 30 31 or more	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
		_____ Total Score
SCORE	1 – 2 = very low dependence 3 = low to moderate dependence 4 = moderate dependence 5 + = high dependence	

Source:

Heatherton TF, Kozlowski LT, Frecker RC, Rickert W, Robinson J. Measuring the heaviness of smoking: Using self-reported time to the first cigarette of the day and number of cigarettes smoked per day. *Addiction*. 1989; 84: 791–800.