

## Heaviness of Smoking Index (HSI)

1. On the days that you smoke, how soon after you wake up do you have your first cigarette?
  - A. Within 5 minutes (3 points)
  - B. 6- 30 minutes (2 points)
  - C. 31-60 minutes (1 point)
  - D. After 60 minutes (0 points)
  
2. How many cigarettes do you typically smoke per day?
  - A. 10 or fewer (0 points)
  - B. 11-20 (1 point)
  - C. 21-30 (2 points)
  - D. 31 or more (3 points)

### SCORING:

0-2: low addiction

3-4: moderate addiction

5-6: high addiction