

Penn State Electronic Cigarette Dependence Index

Client/patient name _____

Date _____

	Answer	Score
1. How many times per day do you usually use your electronic cigarette? (assume that one "time" consists of around 15 puffs or lasts around 10 minutes)		
<i>Scoring: 0–4 times/day = 0, 5–9 = 1, 10–14 = 2, 15–19 = 3, 20–29 = 4, 30+ = 5</i>		
2. On days that you can use your electronic cigarette freely, how soon after you wake up do you first use your electronic cigarette?		
<i>Scoring: 0–5 mins = 5, 6–15 = 4, 16–30 = 3, 31–60 = 2, 61–120 = 1, 121+ = 0</i>		
3. Do you sometimes awaken at night to use your electronic cigarette?		
<i>Scoring: Yes = 1, No = 0</i>		
4. If yes, how many nights per week do you typically awaken to use your electronic cigarette?		
<i>Scoring: 0–1 nights = 0, 2–3 nights = 1, 4+ nights = 2</i>		
5. Do you use an electronic cigarette now because it is really hard to quit (electronic cigarettes)?		
<i>Scoring: Yes = 1, No = 0</i>		
6. Do you ever have strong cravings to use an electronic cigarette?		
<i>Scoring: Yes = 1, No = 0</i>		
7. Over the past week, how strong have the urges to use an electronic cigarette been?		
<i>Scoring: None/Slight = 0, Moderate/Strong = 1, Very Strong/Extremely Strong = 2</i>		
8. Is it hard to keep from using an electronic cigarette in places where you are not supposed to?		
<i>Scoring: Yes = 1, No = 0</i>		
When you haven't used an electronic cigarette for a while or when you tried to stop using...		
9. Did you feel more irritable because you couldn't use an electronic cigarette?		
<i>Scoring: Yes = 1, No = 0</i>		
10. Did you feel nervous, restless, or anxious because you couldn't use an electronic cigarette?		
<i>Scoring: Yes = 1, No = 0</i>		
Total		

Total scoring: 0–3= not dependent,
4–8 low dependence,
9–12 medium dependence,
13+ = high dependence.

Foulds, J et al. Development of a Questionnaire for Assessing Dependence on Electronic Cigarettes Among a Large Sample of Ex-Smoking E-cigarette Users. *Nicotine & Tobacco Research*, 2015, 186–192 doi:10.1093/ntr/ntu204

MaineHealth
Center for Tobacco
Independence