

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

Heatherton, T. F., Kozlowski, L. T., Frecker, R. C., Rickert, W., & Robinson, J. (1989). Measuring the heaviness of smoking: Using self-reported time to the first cigarette of the day and number of cigarettes smoked per day. *British Journal of Addiction*, 84(7), 791-799.