

Test for nicotine dependence for e-cigarette users¹

Choose the answers that best describe your e-cigarette usage.

Questions	Responses	Score
1. How many times per day do you usually use your e-cigarette? (assume one time consists of around 15 puffs, or lasts around 10 minutes)	30 or more a day	5
	20-29 times a day	4
	15-19 times a day	3
	10-14 times a day	2
	5-9 times a day	1
	0-4 times a day	0
2. On the days that you can use your e-cigarette freely, how soon after you wake do you first use your e-cigarette?	Less than 5 minutes	5
	6-15 minutes	4
	16-30 minutes	3
	31-60 minutes	2
	61-120 minutes	1
3. Do you sometimes wake at night to use your e-cigarette?	Yes	1
	No	0
4. How many nights per week do you typically wake to use your e-cigarette?	4+ nights	2
	2-3 nights	1
	0-1 nights	0
5. Do you use an e-cigarette now because it is hard to quit e-cigarettes?	Yes	1
	No	0
6. Do you ever have strong cravings to use an e-cigarette?	Yes	1
	No	0
7. Over the past week, how strong have the urges to an e-cigarette been?	Very strong	2
	Moderate/strong	1
	None/slight	0
8. Is it hard to not use an e-cigarette in places where you are not supposed to?	Yes	1
	No	0
If you have not used an e-cigarette for a while or if you are trying to stop:		
9. Did you feel more irritable because you could not use an e-cigarette?	Yes	1
	No	0
10. Did you feel nervous, restless or anxious because you could not use an e-cigarette?	Yes	1
	No	0
TOTAL		

0-3 no dependence 4-8 low dependence 9-12 medium dependence 13+ high dependence

Your result: _____

¹ Adapted from Jonathan Foulds, Susan Veldheer, Jessica Yingst, Shari Hrabovsky, Stephen J. Wilson, Travis T. Nichols, Thomas Eissenberg, Development of a Questionnaire for Assessing Dependence on Electronic Cigarettes Among a Large Sample of Ex-Smoking E-cigarette Users, *Nicotine & Tobacco Research*, Volume 17, Issue 2, February 2015, Pages 186–192, <https://doi.org/10.1093/ntr/ntu204>