

# Instructions for "How Addicted Are You?" Quiz

## Administering the Quiz

1. Hand out copies of the quiz to all smokers in the room.
2. Ask everyone to complete the questions honestly.
3. Explain that this is an anonymous quiz and that you are looking for information on the group as a whole, not on individual smokers.
4. Tell them that you will have the results at the next Winning Path session.
5. Explain that while the quiz is anonymous, smokers can put their own symbols or marks on quizzes. That way, they can get their own copies back to review individually as you go over the results for the class as a whole.
6. Reassure them that there are no "bad" or "wrong" answers and that everyone, regardless of their scores, can stop smoking.

## Scoring the Quiz

Use the scoring sheet to estimate how many of the smokers in the room are very addicted to their cigarettes, how many are somewhat addicted and how many are "chippers" or social smokers. This will be helpful in knowing what areas to emphasize in subsequent Winning Path sessions.

As you are giving out the results for the group, use the answers on the quiz to spark discussion on the differences between "need" cigarettes that are a response to physical addiction and "want cigarettes" that meet other needs.

Explain how cessation strategies for individuals who are very addicted to their cigarettes vary from the strategies that are more successful for somewhat addicted smokers or for the relatively few smokers who are not physically addicted to smoking at all, but who still can have trouble in quitting and staying quit.

Note: These scores represent generalities and apply to most smokers. However, some may not be applicable to a particular smoker.

# QUIZ: How Addicted Are You To Your Cigarettes?

1. Do you smoke cigarettes every day?  
 Yes, every day  
 No, just some days
2. How soon after waking do you usually smoke your first cigarette?  
 Within 5 minutes  
 Within 30 minutes  
 Before noon  
 No specific time
3. Do you get upset if you are in a restaurant where smoking is not allowed?  
 Always  
 Sometimes  
 Never
4. Have you ever been so sick that you couldn't smoke a single cigarette all day?  
 Yes  
 No
5. How would you characterize the majority of your smoking?  
 Due physical cravings  
 For relaxation  
 As a habit  
 Don't know
6. Will you spend extra to buy cigarettes if you run out and really need a smoke?  
 Absolutely, price doesn't matter  
 It depends on how expensive the cigarettes are  
 No, I'll just wait and buy my cigarettes later
7. Will you go outside to smoke when the weather is cold or stormy?  
 Usually  
 Sometimes  
 Never
8. How many cigarettes do you usually smoke in a 24-hour day?  
 15 or more  
 6-14  
 5 or less

# Quiz Scoring: How Addicted Are You To Your Cigarettes?

1. Do you smoke cigarettes every day?  
\_\_\_ Yes, every day – **Either Very Addicted or Somewhat Addicted**  
\_\_\_ No, just some days – **Not Addicted**
  
2. How soon after waking do you usually smoke your first cigarette?  
\_\_\_ Within 5 minutes – **Very Addicted**  
\_\_\_ Within 30 minutes – **Very Addicted**  
\_\_\_ Before noon – **Somewhat Addicted**  
\_\_\_ No specific time – **Not Addicted**
  
3. Do you get upset if you are in a restaurant where smoking is not allowed?  
\_\_\_ Always – **Very Addicted**  
\_\_\_ Sometimes – **Somewhat Addicted**  
\_\_\_ Never – **Not Addicted**
  
4. Have you ever been so sick that you couldn't smoke a single cigarette all day?  
\_\_\_ Yes – **Either Somewhat Addicted or Not Addicted**  
\_\_\_ No – **Very Addicted**
  
5. How would you characterize the majority of your smoking?  
\_\_\_ Due to physical cravings – **Very Addicted**  
\_\_\_ For relaxation – **Either Somewhat Addicted or Not Addicted**  
\_\_\_ As a habit – **Either Very Addicted or Somewhat Addicted**
  
6. Will you spend extra to buy cigarettes if you run out and really need a smoke?  
\_\_\_ Absolutely – **Very Addicted**  
\_\_\_ It depends -- **Somewhat Addicted**  
\_\_\_ No, I'll wait – **Not Addicted**
  
7. Will you go outside to smoke when the weather is cold or stormy?  
\_\_\_ Usually – **Very Addicted**  
\_\_\_ Sometimes – **Somewhat Addicted**  
\_\_\_ Never – **Not Addicted**
  
8. How many cigarettes do you usually smoke in a 24-hour day?  
\_\_\_ 15 or more – **Very Addicted**  
\_\_\_ 6-14 – **Either Very Addicted or Somewhat Addicted**  
\_\_\_ 5 or less – **Not Addicted**