

The Hooked on Nicotine Checklist (HONC)

	NO	YES
1. Have you ever tried to quit, but couldn't?		
2. Do you smoke <u>now</u> because it is really hard to quit?		
3. Have you ever felt like you were addicted to tobacco?		
4. Do you ever have strong cravings to smoke?		
5. Have you ever felt like you really needed a cigarette?		
6. Is it hard to keep from smoking in places where you are not supposed to? When you haven't used tobacco for a while ... OR When you tried to stop smoking		
7. Did you find it hard to concentrate because you couldn't smoke?		
8. Did you feel more irritable because you couldn't smoke?		
9. Did you feel a strong need or urge to smoke?		
10. Did you feel nervous, restless or anxious because you couldn't smoke?		
TOTAL SCORE:		

Source: DiFranza, J.R.; Savageau, J.A.; Fletcher, K.; Ockene, J.K.; Rigotti, N.A.; McNeill, A.D.; Coleman, M.; Wood, C. (2002) "Measuring the loss of autonomy over nicotine use in adolescents: The Development and Assessment of Nicotine Dependence in Youths (DANDY) Study." *Archives of Pediatric Adolescent Medicine*. 156:397-403.

Scoring the Hooked on Nicotine Checklist (HONC)

The HONC is scored by counting the number of YES responses.

Dichotomous Scoring- The HONC as an indicator of diminished autonomy.

- Individuals who score a zero on the HONC by answering NO to all ten questions enjoy full autonomy over their use of tobacco.
- Because each of the ten symptoms measured by the HONC has face validity as an indicator of diminished autonomy, an individual has lost full autonomy if any symptom is endorsed.
- In schools and clinics, individuals who have scores above zero can be told that they are already hooked.

Continuous Scoring- The HONC as a measure of severity of diminished autonomy

- The number of symptoms a person endorses serves as a measure of the extent to which autonomy has been lost.

Source: <http://fmchapps.umassmed.edu/honc/TOC.htm>