

Instructions For Use of the Minnesota Nicotine Dependence/Withdrawal Scale (revised)

1. There are two scales: a self-report and an observer scale (several items do not appear in the observer scale as observers cannot reliably rate them).
2. On the self-report scale, the first nine items are the well-validated items and are the ones to be used if calculating a total withdrawal discomfort score. The other six are promising candidate items.
3. It is encouraged that participants complete the scale before, as well as after quitting.
4. Participants should rate over the last 24 hours, and observers should rate over the last week. Observers should see the participant on average 2 hours per day.
5. The 0-4 response option is used for ease of interpretation (larger response options [e.g., 0-100] are likely more sensitive but may be more difficult to interpret).

Behavior Rating Scale

Self-Report

Please rate yourself for the period for the last _____

0 = none, 1 = slight, 2 = mild, 3 = moderate, 4 = severe

1. Angry, irritable, frustrated 0 1 2 3 4
2. Anxious, nervous 0 1 2 3 4
3. Depressed mood, sad 0 1 2 3 4
4. Desire or craving to smoke 0 1 2 3 4
5. Difficulty concentrating 0 1 2 3 4
6. Increased appetite, hungry, weight gain 0 1 2 3 4
7. Insomnia, sleep problems, awakening at night 0 1 2 3 4
8. Restless 0 1 2 3 4
9. Impatient 0 1 2 3 4
10. Constipation 0 1 2 3 4
11. Dizziness 0 1 2 3 4
12. Coughing 0 1 2 3 4
13. Dreaming or nightmares 0 1 2 3 4
14. Nausea 0 1 2 3 4
15. Sore throat 0 1 2 3 4

Heart rate _____ bpm

Weight _____ lbs

Behavioral Rating Scale

Observer Rating

Rate the subject on the following symptoms according to whether you observed the symptom in the subject in the last _____. It does not matter whether the subject complained of the symptom. We want to know whether you noticed the symptom.

0 = not at all, 1 = slight, 2 = mild, 3 = moderate, 4 = severe

- a. Angry/ irritable/ frustrated 0 1 2 3 4
- b. Anxious/ tense 0 1 2 3 4
- c. Depressed 0 1 2 3 4
- d. Restless/ impatient 0 1 2 3 4

How confident are you that this rating is accurate?

- 0 = not at all
- 1 = somewhat confident
- 2 = moderately confident
- 3 = very confident