

Hooked on Nicotine Checklist (HONC)

The HONC checklist is another way to assess dependence in adolescents and can provide an early warning for development of nicotine dependence. Many adolescents become hooked on smoking even before they consider themselves to be smokers. This is because dependence can develop after the first few cigarettes.

Questions

- 1) Have you ever tried to quit, but couldn't? Yes No
- 2) Do you smoke now because it is really hard to quit? Yes No
- 3) Have you ever felt like you were addicted to tobacco? Yes No
- 4) Do you ever have strong cravings to smoke? Yes No
- 5) Have you ever felt like you really needed a cigarette? Yes No
- 6) Is it hard to keep from smoking in places where you are not supposed to, like school? Yes No

When you tried to stop smoking... (OR, when you haven't used tobacco for a while...)

- 7) Did you find it hard to concentrate because you couldn't smoke? Yes No
- 8) Did you feel more irritable because you couldn't smoke? Yes No
- 9) Did you feel a strong need or urge to smoke? Yes No
- 10) Did you feel nervous, restless or anxious because you couldn't smoke? Yes No

Any if there is YES responses to undertake smoking cessation intervention and if there are any questions please contact the KidsQuit Team: kidsquit.org.au

Source of the HONC: Dr. Joseph DiFranza (2002)

