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)