

# Modified Hooked on Nicotine Checklist (M-HONC)

Screening tool | June 2024

The M-HONC checklist is a series of simple questions used to determine nicotine dependence and related loss of autonomy in young people.

Questions	Yes	No
Have you ever tried to stop vaping, but couldn't?		
Do you vape <u>now</u> because it is really hard to quit?		
Have you ever felt like you were addicted to vaping?		
Do you ever have strong cravings to vape?		
Have you ever felt like you really needed to vape?		
Is it hard to keep from vaping in places where you are not supposed to, like school?		

When you tried to stop vaping (or, when you haven't vaped for a while)...	Yes	No
Did you find it hard to concentrate because you couldn't vape?		
Did you feel more irritable because you couldn't vape?		
Did you feel a strong need or urge to vape?		
Did you feel nervous, restless or anxious because you couldn't vape?		

Total score:		
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**Scoring:** The MHONC is scored by counting the number of YES responses. A young person who has a score above zero would indicate they have a level of nicotine dependence, and they may have lost full autonomy or control of their use of e-cigarettes/vapes.

**Reference:** New South Wales Government. Guide to Support Young People to Quit E-cigarettes. In: NSW Ministry of Health, editor. 2023



Tasmanian  
Government

Department of **Health**  
GPO Box 125  
Hobart TAS 7001

1300 135 513

[www.health.tas.gov.au](http://www.health.tas.gov.au)