

Penn State E-cigarette

Dependence Index Screening Tool | June 2024

The Penn State E-cigarette Dependence Index provides an estimation of the young person's nicotine dependence, ranging from 'not dependent' to 'high dependence'.

	Score
1. How many times per day do you usually use your e-cigarette? (Assume that one "time" consists of around 15 puffs or lasts around 10 minutes) <i>Scoring: 0-4 times/day=0, 5-9=1, 10-14=2, 15-19=3, 20-29=4, 30+=5</i>	
2. On days that you can use your e-cigarette freely, how soon after you wake up do you use your first e-cigarette? <i>Scoring: 0-5 mins=5, 6-15=4, 16-30=3, 31-60=2, 61-120=1, 121+=0</i>	
3. Do you sometimes awaken at night to use your e-cigarette? <i>Scoring: Yes=1, No=0</i>	
4. If yes, how many nights per week do you typically wake up to use your e-cigarette? <i>Scoring: 0-1 nights=0, 2-3 nights=1, 4+ nights=2</i>	
5. Do you use an e-cigarette now because it is really hard to quit? <i>Scoring: Yes=1, No=0</i>	
6. Do you ever have strong cravings to use an e-cigarette? <i>Scoring: Yes=1, No=0</i>	
7. Over the past week, how strong have the urges to use an e-cigarette been? <i>Scoring: None/Slight=0, Moderate/Strong=1, Very Strong/Extremely Strong=2</i>	
8. Is it hard to keep from using an e-cigarette in places where you are not supposed to? <i>Scoring: Yes=1, No=0</i>	
When you haven't used an e-cigarette for a while or when you tried to stop using....	
9. Did you feel more irritable because you couldn't use an e-cigarette? <i>Scoring: Yes=1, No=0</i>	
10. Did you feel nervous, restless, or anxious because you couldn't use an e-cigarette? <i>Scoring: Yes=1, No=0</i>	
Total	

Scoring	
0 – 3 = not dependent	4 – 8 = low dependence
9 – 12 = medium dependence	13 or more = high dependence

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

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