

The Hooked on Nicotine Checklist

The HONC is scored by tallying the number of yes responses, from 0-10. Any score greater than zero indicates that the smoker has lost some degree of autonomy over their smoking.

This indicates that nicotine addiction has begun.

	YES	NO
1) Have you ever tried to stop vaping, but couldn't?		
2) Do you vape <u>now</u> because it is really hard to quit?		
3) Have you ever felt like you were addicted to vaping?		
4) Do you ever have strong cravings to vape?		
5) Have you ever felt like you really needed to vape?		
6) 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...)

7) did you find it hard to concentrate because you couldn't vape?		
8) did you feel more irritable because you couldn't vape?		
9) did you feel a strong need or urge to vape?		
10) did you feel nervous, restless or anxious because you couldn't vape?		