

Penn State Electronic Cigarette Index

1. How many times per day do you usually use your electronic cigarette* (assume that one "time" consists of around 15 puffs or lasts around 10 minutes) _____ times

(Scoring: 0-4 times/day = 0, 5-9 = 1, 10-14 = 2, 15-19 = 3, 20-29 = 4, 30+ = 5)

2. On days that you can use your electronic cigarette freely, how soon after you wake up do you first use your electronic cigarette?* _____ minutes

(Scoring: < 5 minutes = 5, 6-15 = 4, 16-30 = 3, 31-60 = 2, 61-120 = 1, 121+ = 0)

3. Do you sometimes awaken at night to use your electronic cigarette? ⁺

(Scoring: Yes = 1, No = 0)

4. If yes, how many nights per week do you typically awaken to use your electronic cigarette ? ⁺

(Scoring: 0-1 nights = 0, 2-3 nights = 1, 4+ nights = 2)

5. Do you use your electronic cigarette now because it is really hard to quit (using e-cigs)? [♦]

(Scoring: Yes = 1, No = 0)

6. Do you ever have strong cravings to use your electronic cigarette? [♦]

(Scoring: Yes = 1, No = 0)

7. Over the past week, how strong have the urges to use your electronic cigarette been? [•]

(Scoring: None/Slight = 0, Moderate/Strong = 1, Very Strong/Extremely Strong = 2)

8. Is it hard to keep from using your electronic cigarette in places where you are not supposed to? [♦]

(Scoring: Yes = 1, No = 0)

When you haven't used an electronic cigarette for a while or when you tried to stop using....

9. Did you feel more irritable because you couldn't use your electronic cigarette? [♦]

(Scoring: Yes = 1, No = 0)

10. Did you feel nervous, restless, or anxious because you couldn't use your electronic cigarette? [♦]

(Scoring: Yes = 1, No = 0)

11. What is the concentration of nicotine in the liquid that you usually use in your electronic cigarette?

(Answers can be accepted in either % nicotine or mg/ml. This does not contribute to the score but is often relevant to assessing dependence. Many e-cig users are unclear about the concentration).

Scoring: 0-3= not dependent, 4-8 low dependence, 9-12 medium dependence, 13+ = high dependence

*From FTND/HIS, ⁺From Bover, [♦]From Hooked on Nicotine Checklist, [•]From Fiddler

The paper describing the rationale and basic validity for this questionnaire can be found at:

<http://www.ncbi.nlm.nih.gov/pubmed/25332459>