

9. Do you find yourself placing an unlit cigarette or other objects (pen, tooth pick, chewing gum, etc.) in your mouth and sucking to get relief from stress, tension or frustration, etc.)?

0 1 2 3 4

10. Does part of your enjoyment of smoking come from the steps (ritual) you take when lighting up?

0 1 2 3 4

11. When you are alone in a restaurant, bus terminal, party, etc., do you feel safe, secure, or more confident if you are holding a cigarette?

0 1 2 3 4

TOTAL _____

Scoring for Behavioral Dependence

- <12 Mild
- 12-22 Moderate
- 23-33 Strong
- >33 Very Strong

*Glover ED, Nilsson F, Westin A, Glover PN, Laffin MT, Persson B. Developmental history of the Glover-Nilsson smoking behavioral questionnaire. Am J Health Behav. 2005 Sep-Oct;29(5):443-55.