

Obsessive Compulsive Smoking Scale

Directions: The questions below ask you about your smoking and your attempts to control your smoking.

Please circle the number next to the statement that best applies to you.

1. How much of your time when you're not smoking is occupied by ideas, thoughts, impulses, images related to smoking?

- 0. None
- 1. Less than 1 hour a day
- 2. 1-3 hours a day
- 3. 4-8 hours a day
- 4. Greater than 8 hours a day

2. How frequently do these thoughts occur?

- 0. Never
- 1. No more than 8 times a day
- 2. More than 8 times a day, but most hours of the day are free of those thoughts
- 3. More than 8 times a day and during most hours of the day
- 4. Thoughts are too numerous to count, and an hour rarely passes without several such thoughts occurring.

3. How much do these ideas, thoughts, impulses, or images related to smoking interfere with your social or work functioning? Is there anything you don't or can't do because of them? ***[If you are not currently working, how much of your performance would be affected if you were working?]***

- 0. Thoughts of smoking never interfere; I can function normally.
- 1. Thoughts of smoking slightly interfere with my social or work activities, but my overall performance is not impaired.

2. Thoughts of smoking definitely interfere with my social or work performance, but I can still manage.
3. Thoughts of smoking cause substantial impairment in my social or work performance.
4. Thoughts of smoking interfere completely with my social or work performance.

4. How much distress or disturbance do these ideas, thoughts, impulses, or images related to smoking cause you when you're not smoking?

0. None
1. Mild, infrequent, and not too disturbing
2. Moderate, frequent, and disturbing, but still manageable
3. Severe, very frequent, and very disturbing
4. Extreme, nearly constant, and disabling distress

5. How much of an effort do you make to resist these thoughts or try to disregard or turn your attention away from these thoughts as they enter your mind when you're not smoking? ***[Please rate your efforts made to resist these thoughts, not your success or failure in actually controlling them.]***

0. My thoughts are so minimal, I don't need to actively resist. If I have thoughts, I make an effort to *always* resist.
1. I try to resist most of the time.
2. I make some effort to resist.
3. I give in to all such thoughts without attempting to control them, but I do so with some reluctance.
4. I completely and willingly give in to all such thoughts.

6. How successful are you in stopping or diverting these thoughts when you're not smoking?

0. I am completely successful in stopping or diverting such thoughts.

1. I am usually able to stop or divert such thoughts with some effort and concentration.
2. I am sometimes able to stop or divert such thoughts.
3. I am rarely successful in stopping such thoughts and can only divert such thoughts with difficulty.
4. I am rarely able to divert such thoughts even momentarily.

7. If you were prevented from smoking when you desired a cigarette, how anxious or upset would you become?

0. I would not experience any anxiety or irritation.
1. I would become only slightly anxious or irritated.
2. The anxiety or irritation would mount, but remain manageable.
3. I would experience a prominent and very disturbing increase in anxiety or irritation.
4. I would experience incapacitating anxiety or irritation.

8. How much of an effort do you make to resist smoking? [*Only rate your effort to resist, not your success or failure in actually controlling smoking.*]

0. My smoking is so minimal, I don't need to actively resist. If I smoke, I make an effort to always resist.
1. I try to resist most of the time.
2. I make some effort to resist.
3. I give in to almost all smoking without attempting to control it, but I do so with some reluctance.
4. I completely and willingly give in to all smoking.

9. In general, how strong is your urge to smoke cigarettes?

0. No urge

1. Some urge to smoke
2. Strong urge to smoke
3. Very strong urge to smoke
4. The urge to smoke is completely involuntary and overpowering.

10. In general, how much control do you have over smoking?

0. I have complete control.
1. I am usually able to exercise voluntary control over it.
2. I can control it only with difficulty.
3. I must smoke and can only delay smoking with difficulty.
4. I am rarely able to delay smoking even momentarily.