Heaviness of Smoking Index (HSI)

1. On the days that you smoke, how soon after you wake up do you have your first cigarette?
   A. Within 5 minutes (3 points)
   B. 6-30 minutes (2 points)
   C. 31-60 minutes (1 point)
   D. After 60 minutes (0 points)

2. How many cigarettes do you typically smoke per day?
   A. 10 or fewer (0 points)
   B. 11-20 (1 point)
   C. 21-30 (2 points)
   D. 31 or more (3 points)

SCORING:
0-2: low addiction
3-4: moderate addiction
5-6: high addiction