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## **The Adolescents' Need for Smoking Scale (ANSS)**

Johnson, Ratner, Tucker, Bottorff, Prkachin, Zumbo, Shoveller, & Richardson

The Adolescents' Need for Smoking Scale (ANSS) is a multidimensional measure of tobacco dependence in adolescents. Its items tap the social, emotional, physical, and sensory aspects of tobacco use. In addition, the ANSS captures emerging dependence, not just full-fledged addiction.

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Based on your experiences with smoking, please indicate how strongly you agree or disagree with the following statements.

1. Smoking helps me fit in at school
2. Smoking makes me feel popular
3. Smoking makes me look cool
4. Giving cigarettes to friends makes me feel important
5. Sharing cigarettes helps me feel closer to other people
6. Smoking makes me look more mature
7. I need to smoke when I am stressed
8. I need to smoke when I am depressed
9. I need to smoke to relax
10. I need a cigarette to calm me down when I am angry
11. I need to smoke when I am nervous
12. I need to smoke when I am sad
13. I need to keep my nicotine levels up
14. My smoking is automatic - I don't even think about it
15. My body needs cigarettes to feel right
16. I can function better after my first cigarette of the day
17. My body craves cigarettes when I don't smoke
18. I feel panicked when I run out of cigarettes
19. Even when I don't have time for a whole cigarette, I manage to fit in a few drags
20. I can concentrate better after a cigarette
21. I find myself looking forward to my next cigarette
22. I have strong cravings to smoke cigarettes
23. I like the feeling of blowing out smoke
24. Smoking makes things like having a pop or a coffee more enjoyable
25. I like the taste of cigarettes
26. I enjoy holding and handing cigarettes
27. I enjoy the feeling of smoke in my lungs

Responses to the ANSS items are rated on the following scale:

- Agree very strongly (6)
  - Agree strongly (5)
  - Agree (4)
  - Disagree (3)
  - Disagree strongly (2)
  - Disagree very strongly (1)
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### **Scoring the ANSS**

To obtain scores for the Social Dependence Subscale, sum items 1-6

To obtain scores for the Emotional Dependence Subscale, sum items 7-12

To obtain scores for the Physical Dependence Subscale, sum items 13-22

To obtain scores for the Sensory Dependence Subscale, sum items 23-27

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