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.

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)

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

Correspondence regarding the ANSS can be addressed to:

Dr. Chris Richardson
School of Population and Public Health
2206 East Mall
Vancouver, BC
V6T 1Z3
Canada
Tel: 604-827-4023
e-mail: chris.richardson@ubc.ca

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

	Agree very strongly	Agree strongly	Agree	Disagree	Disagree strongly	Disagree very strongly	No answer
1. Smoking helps me fit in at school	○	○	○	○	○	○	○
2. Smoking makes me feel popular	○	○	○	○	○	○	○
3. Smoking makes me look cool	○	○	○	○	○	○	○
4. Giving cigarettes to my 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	○	○	○	○	○	○	○

	Agree very strongly	Agree strongly	Agree	Disagree	Disagree strongly	Disagree very strongly	No answer
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 handling cigarettes	○	○	○	○	○	○	○
27. I enjoy the feeling of smoke in my lungs	○	○	○	○	○	○	○