

VAPING ADDICTION SELF ASSESSMENT TOOL

1) HOW SOON AFTER WAKING UP DO YOU VAPE?

WITHIN 5 MINUTES (4PTS)

6-30 MINUTES (3PTS)

31-60 MINUTES (2PTS)

AFTER 60 MINUTES (1PT)

2) HOW MANY TIMES PER DAY DO YOU USUALLY VAPE ?

1-3 TIMES (1 PT)

4-10 TIMES (2 PTS)

11-20 TIMES (3 PTS)

MORE THAN 20 TIMES (4 PTS)

3) DO YOU FIND IT DIFFICULT NOT TO VAPE WHEN IT IS NOT POSSIBLE TO DO SO (AT FAMILY EVENTS, SCHOOL, ETC.)?

YES (1PT)

NO (0 PT)

4) ARE YOU VAPING BECAUSE IT IS DIFFICULT TO QUIT?

YES (1PT)

NO (0 PT)

SCORES & HOW TO QUIT

1-2 Vape addiction is likely quite low. You will likely be able to quit on your own if you set your mind to it and set some goals. People that aren't strongly dependent on nicotine may not have many withdrawal symptoms when they stop.

5-6 You are likely moderately dependent on nicotine and could experience some withdrawal symptoms, like feeling restless or irritable when you quit. You may consider seeking help/support from a trusted adult or counsellor, using a cessation quitline/app or speaking with a health professional (doctor, nurse practitioner, pharmacist) to help you quit.

3-4 You likely have a low dependence on nicotine; however, you should plan ahead to deal with cravings and feelings of nicotine withdrawal. It could be helpful to talk to a friend, family member, or counsellor for extra support.

7-8 You are probably highly dependent on nicotine and there are strong chances that you will experience withdrawal symptoms if you try to quit. Consider speaking with a trusted adult or counsellor for support, and a health professional (doctor, nurse practitioner, pharmacist) who may recommend medications to help you deal with (nicotine) withdrawal symptoms and cravings. You may also consider using a quitline/app to help you reach your quit goals.

9-10 You likely have a very strong dependence on nicotine. It is encouraged that you talk with a counsellor/trusted adult for support as well as a health professional (doctor, nurse practitioner, pharmacist) who could recommend medications to help you quit and reduce (nicotine) withdrawal symptoms and (nicotine) cravings. You may also consider using a quitline/app to help you reach your quit goals.

**IN ORDER TO HELP MANAGE YOUR ADDICTION,
THERE ARE A NUMBER OF ANONYMOUS RESOURCES
AVAILABLE, INCLUDING:**

**WWW.SMOKERSHELPLINE.CA
1-888-344-5864**