

SMOKER ANCHORED WITHDRAWAL GRID (W-Grid or GRID)

(adapted with permission from Nina Schneider, PhD)

The W-Grid or GRID is a variation of the Smoker Complaint Scale (SCS: Schneider, 1994 and www.PROQOLID.org) used to measure craving and withdrawal in smokers. The Grid (and SCS) is used for status while smoking (baseline measures prior to abstinence), while cutting down or for testing "harm reduction" (smoking while using nicotine treatment). It is used during "strict" abstinence from smoking and to assess effectiveness of nicotine replacement treatments (NRTs) or any other treatment (pharmacotherapy, behavioral, other support, etc.). The scale can be given to non-smoker controls.

The Grid is set up as a *single page* with *withdrawal symptoms* as ROWS and *time points* as COLUMNS. A sample of the scale for clinic use can be found on the next page.

The scale can be used at baseline (while smoking) and at 1, 2, 3 weeks and at 3 & 6 months post-quitting (using a treatment or not).

For # Urges to Smoke – responses can increase or decrease but will tend toward lower levels over time. Demonstrated reductions in symptoms and in # urges over time served as positive feedback for the individual quitting smoking in the author's unpublished clinic trial.

1. Schneider, N.G. Smoker Complaint Scale (SCS). In Kramer JJ, et al. (Eds) 11th Mental Measurements Yearbook, Buros Institute of Mental Measurements, Lincoln, Nebraska: 1994
2. PROQOLID is a site of the Mapi Research Institute

Withdrawal Symptoms

Instructions:

Please mark each item as to whether or not you have been experiencing a symptom.

Please respond to each item based on your **general experience of a symptom since your last visit.**

Please mark each item on a 10-point scale as follows:

1 = Not experiencing at all to 10 = Experiencing all the time

For # Urges to Smoke – insert **any number** that estimates your **urges to smoke daily**.

Time Period

| SYMPTOM | Baseline | Week 1 | Week 2 | Week 3 | 3 months | 6 months |
|-------------------------|----------|--------|--------|--------|----------|----------|
| Anxious | | | | | | |
| Panicky | | | | | | |
| Irritable | | | | | | |
| Fluctuation in mood | | | | | | |
| Craving | | | | | | |
| Miss a cigarette | | | | | | |
| Urge to smoke | | | | | | |
| Weight concern | | | | | | |
| Hungry | | | | | | |
| Trouble sleeping | | | | | | |
| Disoriented | | | | | | |
| Cannot concentrate | | | | | | |
| Feel slowed down | | | | | | |
| Lightheaded | | | | | | |
| Depressed | | | | | | |
| Feeling "left out" | | | | | | |
| Restless | | | | | | |
| Hostile | | | | | | |
| Annoyed | | | | | | |
| Frustrated | | | | | | |
| | | | | | | |
| Estimate daily: | | | | | | |
| # Urges to Smoke | | | | | | |