Primary Care Alberta

The Autonomy Over Tobacco Scale

Researchers have sought more reliable instruments to measure the construct of dependence captured by the Fagerström Test for Nicotine Dependence (FTND). The Autonomy Over Tobacco Scale (AUTOS) can be used alongside the FTND for adults who smoke and can be used in a variety of research settings for which the FTND is not suitable.

	This statement describes me…			
When I go too long without a cigarette or a dip, I get impatient.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
When I see other people smoking or using dip, I want a cigarette or a dip.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
I rely on smoking or dip to focus my attention.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
When I smell cigarette smoke or dip, I want a cigarette or dip.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
I rely on smoking or dipping to take my mind off being bored.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
When I go too long without a cigarette or a dip, I get strong urges to smoke or dip that are hard to get rid of.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
After eating I want a cigarette or a dip.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
I would go crazy if I couldn't smoke or use dip.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
When I go too long without a cigarette or a dip I lose my temper more easily.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
When I feel stressed, I want a cigarette or a dip.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
I rely on smoking or dipping to deal with stress.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL
When I go too long without a cigarette or a dip, I feel nervous or anxious.	NOT AT ALL	A LITTLE	PRETTY WELL	VERY WELL

Source: DiFranza JR, Wellman RJ, Ursprung S, Sabiston C. The Autonomy over Smoking Scale. Psychology of Addictive Behaviors. 2009;23:656-665.

Scoring the Autonomy over Tobacco Scale
Responses are scored: Not at all - 0, A little- 1, Pretty well- 2, Very well- 3 To compute the AUTOS total score sum all 12 items.
To compute the Withdrawal score sum the following 4 items.
When I go too long without a cigarette or a dip I get impatient.
When I go too long without a cigarette or a dip I get strong urges to smoke or dip that are hard to get rid of.
When I go too long without a cigarette or a dip I lose my temper more easily.
When I go too long without a cigarette or a dip I feel nervous or anxious.
To compute the Psychological Dependence score sum the following 4 items.
I rely on smoking or dip to focus my attention.
I rely on smoking or dipping to take my mind off being bored.
I rely on smoking or dipping to deal with stress.
I would go crazy if I couldn't smoke or use dip.
To compute the Cue-Induced Urges to Use Tobacco score sum the following 4 items.
When I feel stressed I want a cigarette or a dip.
When I see other people smoking or using dip I want a cigarette or a dip.
When I smell cigarette smoke or dip I want a cigarette or dip.
After eating I want a cigarette or a dip.