

The Four C's test for Nicotine Addiction

Purpose : The Four Cs test can be used to assess a patient's dependence on nicotine.

Admin time : 1-3 min

User Friendly : High

Administered by : GP or nurse

Content : Questions pertaining to nicotine addiction

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<https://www.cgakit.com/four-c-test>

The Four C's Test for Smoking

Name : _____

Date : _____

Assessed by : _____

Directions: Ask your patients these four questions and use the scoring method described below to determine if nicotine addiction exists and needs to be addressed.

Four C's Questions

COMPULSION	YES	NO
Do you ever smoke more that you intend ?		
Have you ever neglected a responsibility because you were smoking, or so you could smoke ?		
CONTROL	YES	NO
Have you felt the need to control how much you smoke but were unable to do so easily ?		
Have you ever promised that you would quit smoking and bought a pack of cigarettes that same day ?		
CUTTING DOWN and WITHDRAWAL SYMPTOMS	YES	NO
Have you ever tried to stop smoking? How many times? For how long ?		
Have you ever had any of the following symptoms when you went for a while without a cigarette: agitation, difficulty concentrating, irritability, mood swings? If so, did the symptom go away after you smoked a cigarette ?		
CONSEQUENCES	YES	NO
How long have you known that smoking was hurting your body ?		
If you continue to smoke, how long do you expect to live? If you were able to quit smoking today and never start again, how long do you think you might live ?		
Total		

Scoring:

At least one affirmative answer in EACH of the 4 domains is required to denote addiction.

Rustin TA. Assessing nicotine dependence. Am Fam Physician. 2000 Aug 1;62(3):579-84, 591-2.