Wisconsin Smoking Withdrawal Scale 2 (WSWS2-L)

In the last 24 hours, using a scale from 1=not at all to 7=extremely, how much have you been bothered by…

	Not at all 1	2	3	4	5	6	Extremely 7	Refuse to Answer
Feeling upset	❍	❍	❍	❍	❍	❍	❍	❍
Thinking about food a lot	❍	❍	❍	❍	❍	❍	❍	❍
Wanting to smoke	❍	❍	❍	❍	❍	❍	❍	❍
Troubled sleep	❍	❍	❍	❍	❍	❍	❍	❍
Feeling restless	❍	❍	❍	❍	❍	❍	❍	❍
Having trouble concentrating	❍	❍	❍	❍	❍	❍	❍	❍
Feeling unhappy	❍	❍	❍	❍	❍	❍	❍	❍
Eating a lot	❍	❍	❍	❍	❍	❍	❍	❍
Having urges to smoke	❍	❍	❍	❍	❍	❍	❍	❍
Feeling tired	❍	❍	❍	❍	❍	❍	❍	❍
Having trouble sitting still	❍	❍	❍	❍	❍	❍	❍	❍
Having trouble paying attention	❍	❍	❍	❍	❍	❍	❍	❍
Feeling stressed	❍	❍	❍	❍	❍	❍	❍	❍
Feeling hungry	❍	❍	❍	❍	❍	❍	❍	❍
Thinking about smoking	❍	❍	❍	❍	❍	❍	❍	❍
Waking frequently during the night	❍	❍	❍	❍	❍	❍	❍	❍
Feeling fidgety	❍	❍	❍	❍	❍	❍	❍	❍
Having trouble thinking clearly	❍	❍	❍	❍	❍	❍	❍	❍
Feeling angry	❍	❍	❍	❍	❍	❍	❍	❍

Scoring of the Wisconsin Smoking Withdrawal Scale 2 (WSWS2-L)

WSWS2-L Subscale scores are computed as the mean of the items making up the subscale. The WSWS2-L Total Score is the mean of all 19 items.

Subscale	Items	Subscale and Total Scoring
Negative Affect	Feeling unhappy Feeling upset Feeling stressed Feeling angry	_____ _____ _____ _____ Subtotal1: _____ ÷ 4 = _____
Hunger	Eating a lot Feeling hungry Thinking about food a lot	_____ _____ _____ Subtotal2: _____ ÷ 3 = _____
Craving	Having urges to smoke Wanting to smoke Thinking about smoking	_____ _____ _____ Subtotal3: _____ ÷ 3 = _____
Sleep	Feeling tired Waking frequently during the night Troubled sleep	_____ _____ _____ Subtotal4: _____ ÷ 3 = _____
Restlessness	Feeling restless Having trouble sitting still Feeling fidgety	_____ _____ _____ Subtotal5: _____ ÷ 3 = _____
Concentration	Having trouble paying attention Having trouble thinking clearly Having trouble concentrating	_____ _____ _____ Subtotal6: _____ ÷ 3 = _____
Total Score		Total = (Subtotal1 + Subtotal2 + Subtotal3 + Subtotal4 + Subtotal5) ÷ **19** = _____

<u>Note</u>: If items are missing a response value (i.e., *refuse to answer*), then adjust the divisor value to reflect the number of items with non-missing values.