

Background on the Minnesota Withdrawal Scale-Revised (MNWS-R)
(www.uvm.edu/~hbpl)

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1. Unfortunately, many versions of the MMWS (aka “Hughes/Hatsukami” scale) have been used with different numbers of items and response options. The enclosed scales are our revision of the original MNWS. None of the core items have changed. The only change is the addition of several promising, but not quite proven, withdrawal symptoms.¹
2. The website for the scales is www.uvm.edu/~hbpl. The scales were originally reported in 1986.² Four articles have described the psychometrics of the scale.^{4,5,16,17} Three articles have comprehensively reviewed what is known about tobacco withdrawal.^{1,5,6} We recommend you read these before using the scales as they cover important methodological and interpretation issues.
3. Attached is a table comparing our scale with the criteria for Nicotine/Tobacco Withdrawal from the American Psychiatric Association’s Diagnostic and Statistical Manual, Fourth Edition-Revised (DSM-IV)⁷ and the World Health Organization’s International Classification of Disease, Tenth Edition (ICD-10)⁸ and the other more commonly used withdrawal scales.
4. The seven other commonly used withdrawal scales are the Cigarette Withdrawal Scale⁹ (www.stop.tabac.ch/en/cws), the Mood & Physical Symptoms Scale¹⁰ (www.robertwest@ucl.ac.uk), the Profile of Mood States Manual¹¹ (www.mhs.com), the Shiffman Jarvik Withdrawal Scale¹² (shiffman@pinneyassociates.com), the Smoker Complaints Scale¹³ (ngs@ucla.edu), the Wisconsin Smoking Withdrawal Scale¹⁴ (www.ctr.wisc.edu/researchers/researchers-measures&scales.html) and a scale to use on a hand-held computer¹⁵ (shiffman@pinneyassociates.com). Two studies have empirically compared our scale with those of others.^{16,17} Three reviews have compared these scales.^{5,16,17}
5. The scale is not copyrighted and you do not need our permission to use it.
6. There are no true population norms. Estimates for the prevalence of withdrawal for US, Germany and Asia populations have been described.^{6,18}
7. The scale has been translated into Chinese (Taiwanese), Czech, Danish, Dutch, French, Korean, Norwegian and Swedish by Mapi Research Institute. To obtain these translations, go to www.mapi-research-inst.org. Note: These may be translations of older versions and need to be updated to test all NMWS symptoms. To obtain a Spanish version email JRH at john.hughes@uvm.edu.