

Background on the Minnesota Tobacco Withdrawal Scale-Revised (MTWS-R)
(<http://www.med.uvm.edu/behaviorandhealth/minnwsdefault>)

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1. I have changed the name of the scale to the Minnesota Tobacco Withdrawal Scale to reflect that non-nicotine factors can influence scores. Several versions of the MTWS have been used with different numbers of items and response options. The enclosed scales are the versions I recommend.
2. Six articles have reviewed the psychometrics of the scale¹⁻⁷. Five articles have comprehensively reviewed what is known about tobacco withdrawal^{1, 2, 4, 8, 9}. Other articles have pointed out optimal methods for measuring withdrawal^{4, 10, 11}.
3. The seven other commonly used withdrawal scales are the Cigarette Withdrawal Scale¹² (<https://eprovide.mapi-trust.org/instruments/cigarette-withdrawal-scale>), the Mood & Physical Symptoms Scale¹³ (www.robertwest@ucl.ar.uk), subscales of the Profile of Mood States Manual¹⁴ (www.mhs.com), the Shiffman Jarvik Withdrawal Scale¹⁵ (shiffman@pinneyassociates.com), the Smoker Complaints Scale¹⁶ (ngs@ucla.edu), the Wisconsin Smoking Withdrawal Scale¹⁷ (<https://eprovide.mapi-trust.org/instruments/wisconsin-smoking-withdrawal-scale>) and a scale to use on a hand-held computer¹⁸ (shiffman@pinneyassociates.com). Three studies have empirically compared our scale with those of others⁵⁻⁷.
4. Attached is a table comparing our scale with the criteria for Nicotine/Tobacco Withdrawal from the American Psychiatric Association's proposed Diagnostic and Statistical Manual, Fifth Edition-Revised (DSM-V)¹⁹ and the World Health Organization's International Classification of Disease, Tenth Edition (ICD-10)²⁰ and other withdrawal scales.
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^{8, 21}.
7. The scale has been translated into Arabic, Bosnian, Chinese, Czech, Dutch, French, German, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, and Swedish. Note: These may be translations of older versions and need to be updated. To obtain a translation email me at john.hughes@uvm.edu.

Reference List

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