

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

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1. Unfortunately, many versions of the MNWS (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 first nine items are the validated items. The other six are promising, but not quite proven, withdrawal symptoms <sup>1</sup>.
2. The website for the scales is [www.uvm.edu/~hbpl](http://www.uvm.edu/~hbpl). The scales were originally reported in 1986 <sup>2</sup>. Five articles have described the psychometrics of the scale <sup>3-7</sup>. Three articles have comprehensively reviewed what is known about tobacco withdrawal <sup>1, 4, 8</sup>. 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 proposed Diagnostic and Statistical Manual, Fifth Edition-Revised (DSM-V) ([www.dsm5.org](http://www.dsm5.org)) and the World Health Organization’s International Classification of Disease, Tenth Edition (ICD-10) <sup>9</sup> and other withdrawal scales.
4. The seven other commonly used withdrawal scales are the Cigarette Withdrawal Scale <sup>10</sup> ([www.stop.tabac.ch/en/cws](http://www.stop.tabac.ch/en/cws)), the Mood & Physical Symptoms Scale <sup>11</sup> ([www.robertwest@ucl.ar.uk](mailto:www.robertwest@ucl.ar.uk)), subscales of the Profile of Mood States Manual <sup>12</sup> ([www.mhs.com](http://www.mhs.com)), the Shiffman Jarvik Withdrawal Scale <sup>13</sup> ([shiffman@pinneyassociates.com](mailto:shiffman@pinneyassociates.com)), the Smoker Complaints Scale <sup>14</sup> ([ngs@ucla.edu](mailto:ngs@ucla.edu)), the Wisconsin Smoking Withdrawal Scale <sup>15</sup> ([www.ctr.wisc.edu/researchers/researchers-measures&scales.html](http://www.ctr.wisc.edu/researchers/researchers-measures&scales.html)) and a scale to use on a hand-held computer <sup>16</sup> ([shiffman@pinneyassociates.com](mailto:shiffman@pinneyassociates.com)). Two studies have empirically compared our scale with those of others <sup>5, 6</sup>. Three reviews have compared these scales <sup>4-6</sup>.
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 <sup>8, 17</sup>.
7. The scale has been translated into Arabic, Chinese, Czech, Dutch, French, German, Italian, Japanese, Korean, Portuguese, Russian, Spanish, and Swedish. Note: These may be translations of older versions and need to be updated to test all MNWS symptoms. To obtain a translation email JRH at [john.hughes@uvm.edu](mailto:john.hughes@uvm.edu).