

**Supplementary Material for the Article:**

The Yale Craving Scale: Development and Psychometric Properties

Alana M. Rojewski, Meghan E. Morean\*, Benjamin A. Toll, Sherry A. McKee,

Suchitra Krishnan-Sarin, Barry G. Green, Linda M. Bartoshuk, & Stephanie S. O'Malley

Alana M. Rojewski, Medical University of South Carolina, Department of Public Health Sciences, 135 Cannon Street, MSC 835, Charleston, SC, 29425, USA and Yale School of Medicine, Department of Psychiatry, 1 Long Wharf Drive, Box 18, New Haven, CT 06511, USA

Meghan E. Morean, Oberlin College, 120 W. Lorain St., Oberlin, OH 44074, USA and Yale School of Medicine, Department of Psychiatry, CMHC, 34 Park Street, New Haven, CT 06519, USA.

Benjamin A. Toll, Yale School of Medicine, Department of Psychiatry, 1 Long Wharf Drive, Box 18, New Haven, CT 06511, USA; Yale Cancer Center; Smilow Cancer Hospital at Yale-New Haven, and Medical University of South Carolina, Department of Public Health Sciences, 135 Cannon Street, MSC 835, Charleston, SC, 29425

Sherry A. McKee, Yale School of Medicine, Department of Psychiatry, 2 Church Street South, Suite 109, New Haven, CT 06519 USA

Suchitra Krishnan-Sarin, Yale School of Medicine, Department of Psychiatry, CMHC, 34 Park Street, New Haven, CT 06519, USA.

Barry G. Green, The John B. Pierce Laboratory, 290 Congress Avenue, New Haven, CT, 06519, USA; and Yale School of Medicine, Department of Surgery, 310 Cedar Street, New Haven, CT, 06510, USA.

Linda M. Bartoshuk, The University of Florida, Food Science and Human Nutrition, 572 Newell Dr., P.O. Box 110370, Gainesville, FL, 32611-0370

**\*Corresponding Author:** Meghan E. Morean, Oberlin College, 120 W. Lorain St., Oberlin, OH 44074, USA. Email: meghan.morean@oberlin.edu; 440-775-8257

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***Drug and Alcohol Dependence.***

Supplemental Table A. Bivariate correlations between the Yale Craving Scale, alternative measures of craving, and baseline substance use

<u>Alcohol Craving Measures</u>	<u>YCS</u>	<u>Total Drinks</u>	<u>Alcohol Dependence</u>
YCS	1	.17*	.31***
OCDS Resistance	.36***	.09	.37***
OCDS Obsession	.57***	.06	.41***
OCDS Interference	.37***	.00	.34***
AUQ	.53***	-.04	.46***
<u>Smoking Craving Measures</u>	<u>YCS</u>	<u># Cigs Per Day</u>	<u>Nicotine Dependence</u>
YCS	1	.16***	.32***
BQSU (Desire to Smoke)	.32***	.17***	.28***
BQSU (Negative Affect Relief)	.24***	.21***	.32***

*Note.* \*\*\*  $p < .001$  \*  $p < .05$  Abbreviations are: YCS (Yale Craving Scale), OCDS (Obsessive Compulsive Drinking Scale); AUQ (Alcohol Urge Questionnaire); BQSU (Brief Questionnaire of Smoking Urges). Alcohol dependence was assessed using the Alcohol Dependence Scale. Nicotine dependence was assessed using the Fagerström Test for Nicotine Dependence. Total number of drinks consumed in the past month and cigarettes smoked per day were assessed using the Time Line Follow Back interview.

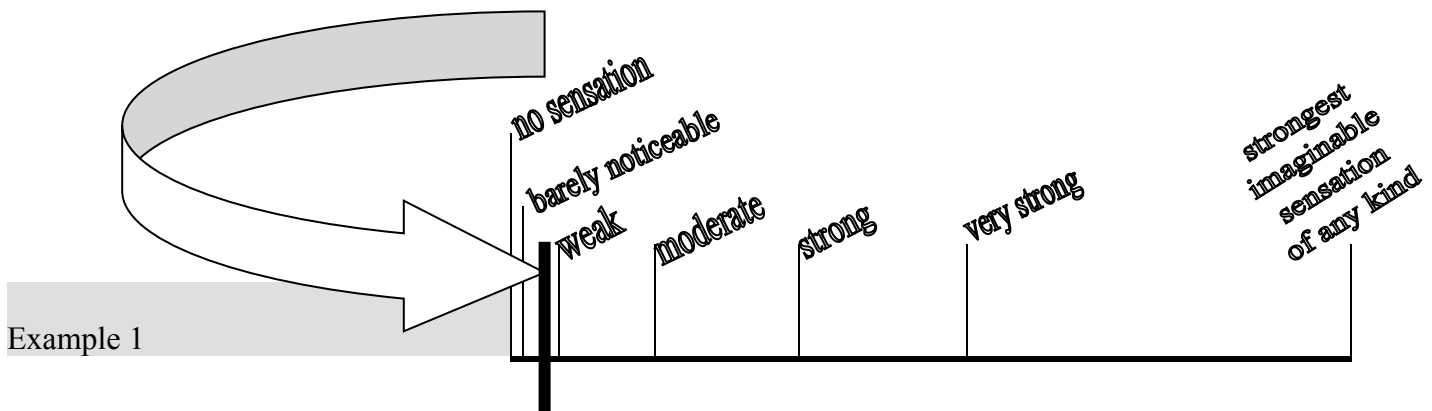
## The Yale Craving Scale

**INSTRUCTIONS:** You will be asked to rate the intensity of a variety of real and remembered sensations by indicating where they lie on a scale of all possible sensations. Sensations can result from external stimulation (e.g., the brightness of a light) or from stimulation from inside the body (e.g., the intensity of hunger).

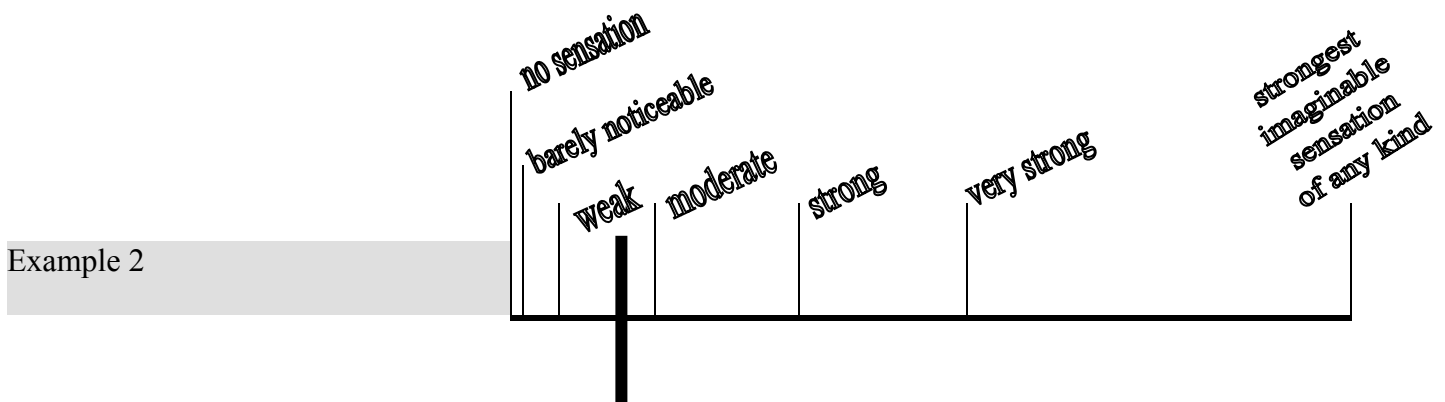
The scale contains commonly used descriptors like **WEAK** and **STRONG**. The top of the scale is the strongest sensation of any kind that you can imagine experiencing and the bottom of the scale is a sensation that isn't perceptible. Every sensation that you have ever experienced goes somewhere on this scale. Thus, the "strongest imaginable" includes the strongest sensations that you can imagine ever actually experiencing, including pain.

When you make your ratings, do not limit your ratings to the descriptors themselves. A good strategy is to first decide which descriptor most closely describes the strength of a sensation, then fine-tune your rating by placing a vertical mark on the line between that descriptor and the next most appropriate one.

**Example 1:** If you think a particular sensation is between **barely noticeable** and **weak**, but closer to **weak**, then you would mark the scale at the appropriate place between those two descriptors.



**Example 2:** If you think a particular sensation is between **weak** and **moderate**, but closer to **moderate**, then you would mark the scale at the appropriate place.



Think back and remember the **strongest sensation of any kind** that you actually experienced (including pain).

What was your strongest sensation (please record)? \_\_\_\_\_

Now, while you are remembering this sensation, please rate its intensity.

	<i>no sensation</i>	<i>barely noticeable</i>	<i>weak</i>	<i>moderate</i>	<i>strong</i>	<i>very strong</i>	<i>strongest imaginable sensation of any kind</i>
Strongest experienced sensation							

Please rate the intensity of the following sensations:

Brightness of high beam headlights at night							
---	--	--	--	--	--	--	--

Brightness of a well lit room							
-------------------------------	--	--	--	--	--	--	--

Sound of a fire engine, close up							
----------------------------------	--	--	--	--	--	--	--

Sound of normal conversation							
------------------------------	--	--	--	--	--	--	--

Desire to eat after skipping breakfast and lunch							
--	--	--	--	--	--	--	--

Desire for cold water after a day in the hot sun							
--	--	--	--	--	--	--	--

no sensation

barely noticeable

weak

moderate

strong

very strong

strongest imaginable sensation of any kind

Desire to eat after finishing dinner

Desire to sleep while driving a long distance well past your bedtime

Desire for snack foods while watching TV.

Desire for a sweet after dinner.

Desire for a cigarette after a meal

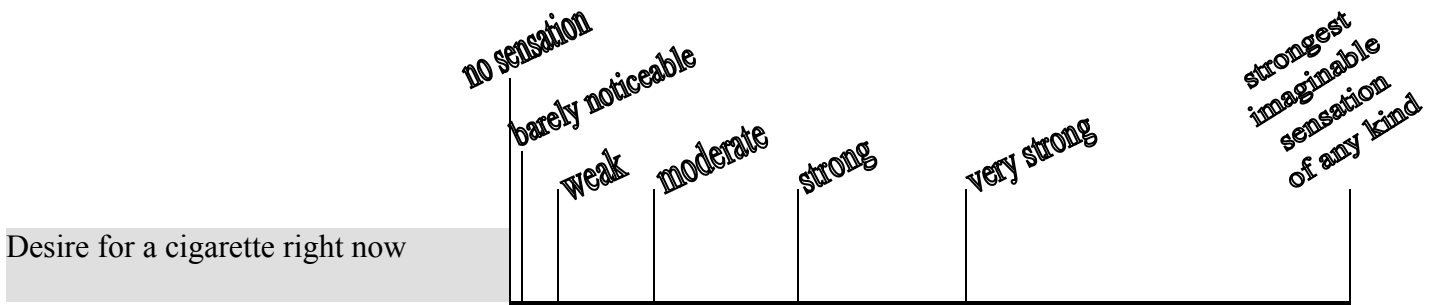
Desire for a cigarette after you wake up in the morning

Desire for an alcoholic drink before dinner.

Desire for an alcoholic drink after a hard day of work

Now I'd like you to use the same scale to rate your desire to smoke under a variety of circumstances. Use the scale in the same way that you did to rate the previous sensations. That is, you are asked to compare your desire to smoke to the intensity of all other real and remembered sensations. Please remember that every sensation that you have ever experienced goes somewhere on this scale. Thus, the "strongest imaginable" includes the strongest sensations that you can imagine ever actually experiencing, including pain.

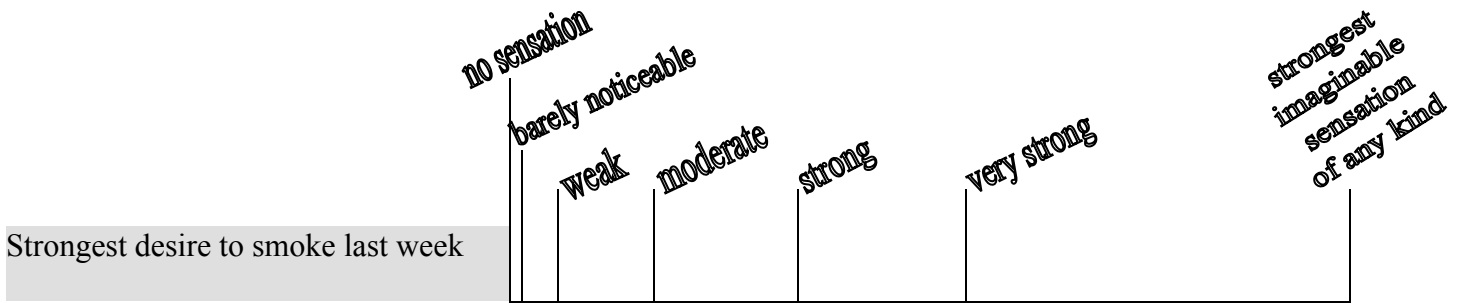
1. Please rate your desire for a cigarette **right now**.



2. Now try and remember the **strongest desire to smoke** that you experienced **last week**.

What were you doing then (please record)? \_\_\_\_\_

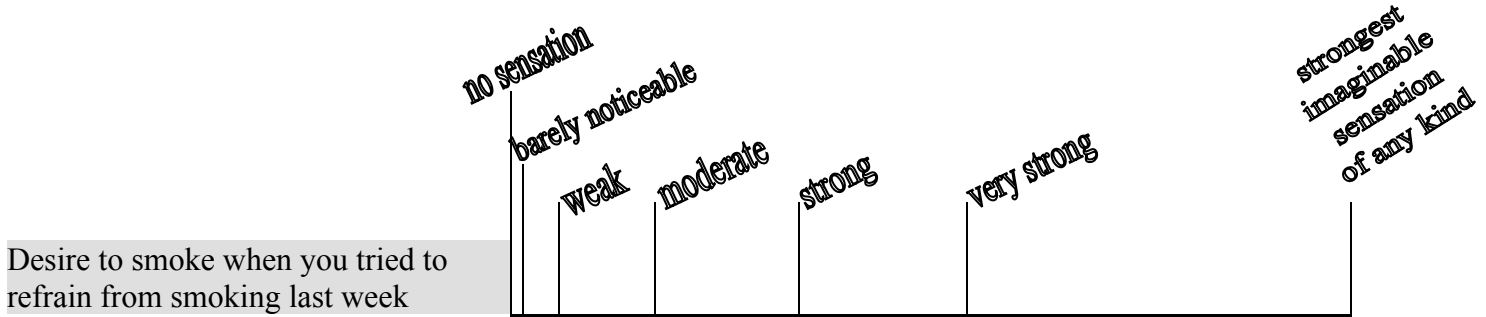
Now, while you are remembering this situation, please rate the intensity of your strongest desire to smoke that you experienced last week.



3. Now think back to a time **last week**, when you made an effort to **avoid smoking** (or tried to refrain from smoking)?

What were you doing then (please record)? \_\_\_\_\_

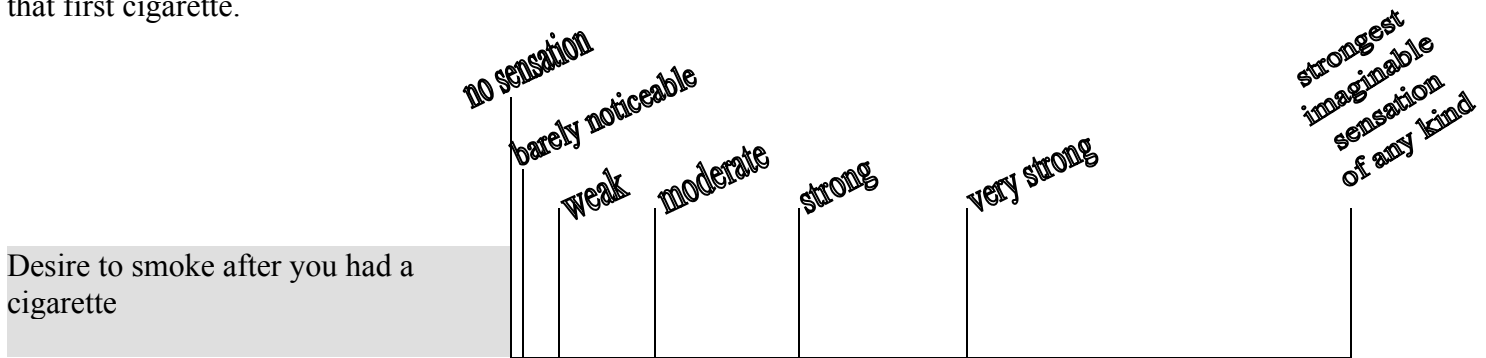
Now, while you are remembering this situation, please rate the intensity of your desire when you tried to refrain from smoking last week.



4. Was there a time **last week**, when you **had a smoke**? Circle **YES** or **NO** (if NO, skip to item 5)

When was that (please record)? \_\_\_\_\_

Now, while you are remembering this situation, please rate the intensity of your desire to smoke after you had that first cigarette.



5. Now think back to a time **last week**, when you found yourself in a **stressful situation**?

What was the stressful situation (please record)? \_\_\_\_\_

Now, while you are remembering this situation, please rate the intensity of your desire to smoke during the stressful situation.

