

Addiction Research Foundation
33 Russell Street
Toronto, Ontario
Canada M5S 2S1
April 17, 1984

Mr. David Sweanor
Suite 201
455 Spadina Avenue
Toronto, Ontario M5S 2G8

RE: Cigarette Smoking as an Addiction

Dear Mr. Sweanor:

You have asked me to give you an opinion about cigarette smoking as an addiction. I have attached a copy of a recent Curriculum Vitae to help establish my expertise in this area. For the past 10 years, I have been conducting research on cigarette smoking and have become an authority on behavioural pharmacology and drug use, with a special emphasis on the study of cigarette smoking. Currently, I am a scientist in the Smoking Research Programme of the Addiction Research Foundation. (The opinions expressed here are my own and are not necessarily those of the Addiction Research Foundation.) I am widely-recognized as a researcher in this area and have consulted for such groups as the U.S. Federal Trade Commission and the U.S. Office on Smoking and Health.

In my opinion, cigarette smoking is an addictive behaviour, most probably resulting from an addiction to nicotine. The classification of cigarette smoking as a drug dependence is supported by the World Health Organization's International Classification of Diseases (9th revision) and by the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (3rd edition). Enclosed are some documents to support the view of cigarette smoking as an addiction: 1. a technical review by an expert committee (I was a member) on Cigarette Smoking as an Addiction, and, 2. a special report in the U.S. Journal of Drug and Alcohol Dependence, "Tobacco Use As An Addiction." The special report also reproduces a pamphlet that has been released by the U. S. National Institute on Drug Abuse.

Although there was a time when it was common to see cigarette smoking described as "just a habit," I think that it will be difficult to find a contemporary expert who does not believe that cigarette smoking deserves to be classed with other addictions.

Sincerely,

Lynn T. Kozlowski, Ph.D.
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Smoking Research Programme
and
Associate Professor
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