

## Nicotine Dependence Test

Understanding your addiction is important. Some people are more addicted to commercial tobacco than others. Being more addicted makes it harder to quit smoking. Think about how addicted you are. This will help you when you try to quit smoking.

Questions	Answers	Points
1. How soon after you wake up do you smoke your first cigarette?	Within 5 minutes	3
	6 to 30 minutes	2
	31 to 60 minutes	1
	After 60 minutes	0
2. Do you find it difficult to refrain from smoking in places where it is forbidden such as restaurants, libraries, movie theatres, shopping centres, etc.?	Yes	1
	No	0
3. Which cigarette would you hate most to give up?	The first one in the morning	1
	All others	0
4. How many cigarettes do you smoke? (20 cigarettes are in a pack)	10 or less	0
	11 to 20	1
	21 to 30	2
	31 or more	3
5. Do you smoke more frequently during the first hours after waking than the rest of the day?	Yes	1
	No	0
6. Do you smoke if you are so ill that you are in bed most of the day?	Yes	1
	No	0

**Score:**

0-2	Very Low	Your addiction is low. Act now before you become more addicted. It does not take long to become very addicted.
3-4	Low	
5	Medium	You are addicted. If you do not quit now your addiction will grow stronger. It will be harder to quit later.
6-7	High	
8-10	Very High	You are very addicted. Your addiction is controlling you! It is time to make a change.