

NICOTINE ADDICTION QUESTIONNAIRE

Are you addicted to nicotine? Take the test below and see what you rank. After you score is totaled, you will be given tailored advice on what methods or treatments are available to help make your decision to a tobacco free life easier.

1. How soon after you wake up do you smoke your first cigarette?

0-5 min 6-30 min 31-60 min After 60 min

2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church library, cinema)?

Yes No

3. Which cigarette would you be the most unwilling to give up?

First in the morning Any of the others

4. How many cigarettes per day do you smoke?

10 or less 11 to 20 21 to 30 31 or more

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?

Yes No

6. Do you smoke if you are so ill that you are in bed most of the day?

Yes No

SCORING OF NICOTINE ADDICTION QUESTIONNAIRE

1. How soon after you wake up do you smoke your first cigarette?
 0-5 min 6-30 min 31-60 min After 60 min
(3 points) (2 points) (1 point) (0 points)
2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church library, cinema)?
 Yes No
(1 point) (0 points)
3. Which cigarette would you be the most unwilling to give up?
 First in the morning Any of the others
(1 point) (0 points)
4. How many cigarettes per day do you smoke?
 10 or less 11 to 20 21 to 30 31 or more
(0 points) (1 point) (2 points) (3 points)
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
 Yes No
(1 point) (0 points)
6. Do you smoke if you are so ill that you are in bed most of the day?
 Yes No
(1 point) (0 points)

A **high** level of addiction will rank between 7 and 10 points.

A **medium** level of addiction will rank between 4 and 6 points.

A **low** level of addiction will rank between 0 and 3 points.