



Nicotine Dependence Test

This test has been used by doctors and researchers to assess how dependent people are on nicotine.

Mark your answers on the sheet below, then add up your total score. Discuss these results with your doctor. They may help you assess approaches to quitting smoking.

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

5 minutes	3
6-30 minutes	2
31-60 minutes	1
>61 minutes	0

2. Do you find it difficult to refrain from smoking in places where it is forbidden – e.g. in church, at the library, in a cinema?

Yes	1
No	0

3. Which cigarette would you hate most to give up?

The first in the morning	1
Any other	0

4. How many cigarettes per day do you smoke?

<10	0
11-20	1
21-30	2
>31	3

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

Yes	1
No	0

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

Yes	1
No	0

Results

Scores are interpreted as indicating your degree of nicotine dependence. People with higher scores may have more severe withdrawal symptoms, and greater difficulty in quitting. Scores of between 4 and 6 indicate a moderate dependence to nicotine, and scores of more than 6 are generally interpreted as indicating a high degree of dependence.

If you score above 4 you may experience difficulty in stopping smoking. However, once you are an ex-smoker your health status will improve and the progress of the disease will slow. This will mean fewer exacerbations, and a better quality of life. Once you achieve the status of being an ex-smoker, you will probably feel more confident and positive than you thought was possible.

Your doctor or pharmacist can advise you on the techniques and therapies that may be suitable for you. You can take a completed copy of this questionnaire to your doctor to discuss smoking cessation.