

Nicotine dependence – test yourself

Are you curious about your level of nicotine dependence?
How dependent on nicotine is someone you care about that smokes?
Take the FagerstromTest* to find out.

Knowing your smoking patterns can help you develop a plan to make changes and to quit. Learn about [benefits of quitting](#) and [quit tips](#).

Instructions

Write your score, a number ranging from **0 to 3**, after each question. Add up your total score.

1. How soon after you wake up do you smoke your first cigarette? _____
0. After 60 minutes 1. 31-60 minutes 2. 6-30 minutes 3. Within 5 minutes
2. Do you find it difficult not to smoke in places where smoking is not allowed? _____
0. No 1. Yes
3. Of all the cigarettes that you smoke in a day which will be the hardest to give up? _____
0. Any, other than the first cigarette in the morning
1. The first cigarette of the day
4. How many cigarettes do you smoke a day? _____
0. 1 to 10 1. 11 to 20 2. 21 to 30 3. 31 or more
5. Do you smoke more during the first hours after you wake up than during the rest of the day? _____
0. No 1. Yes
6. Do you smoke even if you are so sick that you are in bed most of the day? _____
0. No 1. Yes

*adapted from HeathertonTF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance questionnaire. British Journal of Addictions. 1991;86:1119-27.

What does your score mean?

0-2 points = very low dependence

In this case, having a low score suggests that you are not very dependent on nicotine. Quitting now is a great way to take care of you!

3- 4 points = minimal dependence

A low score suggests that you have less physical dependence on nicotine. Quitting smoking might not be as difficult for you than someone who scored higher.

5 = medium dependence

Your score indicates that you are moderately dependent on nicotine. Cutting back or quitting all together can help you decrease your dependence on nicotine and change your relationship with cigarettes.

6-7 points = high dependence

This means you have more physical dependence on nicotine. But, this does not mean that you cannot quit; you can! So do not give up your goal of being an EX-SMOKER.

8 to 10 points =Very high dependence

Your higher score means you have more intense nicotine dependence. You may need to be more creative and may have to try harder to overcome your nicotine withdrawal. Medicines can help heavy smokers quit. Talk to your doctor. Remember, YOU CAN QUIT.

All smokers have the power to become non-smokers again regardless, of their dependence on nicotine or how long they have been smoking.

If you smoke and are pregnant or are considering becoming pregnant the sooner you stop smoking the better for your health and the health and well-being for your baby. Visit other areas of our website to learn more about the [benefits](#) of quitting and other ideas for [how to quit](#) smoking.