



Nicotine Dependency Test

Take the following test to know your dependence on cigarette.

1. **How soon after you wake up do you smoke your first cigarette?**
 - A. Within 5 minutes (3 points)
 - B. 6 to 30 minutes (2 points)
 - C. 31-60 minutes (1 point)
 - D. After 60 minutes (0 points)
2. **Do you find it difficult to refrain from smoking in places where it is forbidden such as public places, restaurants, or movie theatres?**
 - A. Yes (1 point)
 - B. No (0 points)
3. **Which cigarette is the most difficult to give up?**
 - A. The first one in the morning (1 point)
 - B. All others (0 points)
4. **How many cigarettes do you smoke?**
 - A. 10 or less (0 points)
 - E. 11-20 (1 point)
 - B. 21-30 (2 points)
 - C. 31 or more (3 points)
5. **Do you smoke more frequently during the first hours after waking than the rest of the day?**
 - A. Yes (1 point)
 - B. No (0 points)
6. **Do you smoke even if you are so ill that you are in bed most of the day?**
 - A. Yes (1 point)
 - B. No (0 points)

_____ Add your total points to know your score _____

Your Score:

- 0-2 - Very Low Addiction ● 3-4 - Low Addiction ● 5 - Medium Addiction;
- 6-7 - High Addiction ● 8-10 - Very High Addiction

Tobacco can have harmful effects on your health.
Talk to your Dentist today to overcome tobacco addiction.

Modified Fagerström test for evaluating intensity of physical dependence on nicotine. Adapted from: Heatherston TF, et al. Br J Addict 1991;86:1119-27.