**Evaluating your nicotine dependance**

Below is a medically recognised test to help you determine your degree of dependency. Take a few minutes to answer these questions and make a note of the points next to each answer.

* How soon after you wake up do you Add up the points and check the rating

smoke your first cigarette? which is on a scale of 0 to 10 points. The

 higher the points, the stronger the de-

Within 5 minutes (3) pendency.

6 to 30 minutes (2)

31 to 60 minutes (1) **0 to 4 points:** low dependence

After 60 minutes (0)

 **5 to 6 points:** moderate dependence

* Do you find it difficult to refrain from

smoking in places where it is prohibited **7 to 10 points:** high dependence

(work, shopping centres, cinema ect.)

Yes (1)

No (0)

* Which cigarette would you be most

unwilling to give up?

First one in the morning (1)

Any other (0)

* How many cigarettes do you smoke in

a day?

10 or fewer (0)

11 to 20 (1)

21 to 30 (2)

31 to more (3)

* Do you usually smoke more frequently

during the first hours of the morning than

during the rest of the day?

Yes (1)

No (0)

* Do you smoke when you are so ill that you

stay in bed all day?

Yes (1)

No (0)