Nicotine Dependence Questionnaire
(Modified Fagerstrom Tolerance Questionnaire)

Please check one answer for each question.

1. How many cigarettes a day do you usually smoke?

   - [ ] 1 - 10 0 points
   - [ ] 11 – 20 1 points
   - [ ] 21 – 30 2 points
   - [ ] 31 or more 3 points

2. What type do you smoke? 0 points

   - [ ] Low nicotine (0.9 mg or less) 1 point
   - [ ] Medium nicotine (1.0 – 1.2 mg) 2 points
   - [ ] High nicotine (1.3 mg or more) 3 points

3. How often do you inhale the smoke from your cigarette?

   - [ ] Never 0 points
   - [ ] Sometimes 1 points
   - [ ] Always 2 points

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

   - [ ] Within less than 5 minutes 3 points
   - [ ] Within 6-30 minutes 2 points
   - [ ] Within 31-60 minutes 1 points

5. Do you smoke more during the first two hours of the day than during the rest of the day?

   - [ ] No 0 points
   - [ ] Yes 1 points

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

   - [ ] The first cigarette in the morning 1 point
   - [ ] Any cigarette other than the first one 0 points

7. Do you find it difficult to refrain from smoking in places where it is forbidden, such as public buildings, on airplanes or at work?

   - [ ] No 0 points
   - [ ] Yes 1 point
8. Do you still smoke even when you are so ill that you are in bed most of the day?

[ ] No 0 points
[ ] Yes 1 point

**Scoring/ Interpretation**

7+ points = High Nicotine Dependence
6 and Below = Low to Moderate Nicotine Dependence