

Measure of Nicotine Dependence

These two questions can be used to assess nicotine dependence in adults.

1. How soon after you wake up do you smoke your first cigarette?
 - A. After 60 minutes
 - B. 31-60 minutes
 - C. 6-30 minutes
 - D. Within 5 minutes

2. How many cigarettes per day do you smoke?
 - A. 10 or less
 - B. 11-20
 - C. 21-30
 - D. 31 or more

Scoring:

High nicotine dependence= Smoking soon after waking and smoking 20 or more cigarettes per day.

Source:

University of Massachusetts Medical School, Preventive and Behavioral Medicine
Center for Tobacco Treatment Research and Training
Tobacco Treatment Specialist Training Manual
January, 2010