



## EVALUATION SCALE FOR NICOTINE DEPENDENCY

The test that follows was designed to help you determine your level of physical dependency on nicotine.

Write your answer in the column "SCORE", according to the number of points attributed to your answers. Then add up your points to arrive at your total "SCORE". The maximum number of points is 10.

QUESTIONS		ANSWER	POINTS	SCORE
1	How long after you wake up do you have your first cigarette?	Within 5 minutes	3	
		6 to 30 minutes	2	
		31 to 60 minutes	1	
		More than 60 minutes	0	
2	Do you find that it is difficult to refrain from smoking in areas where it is not allowed such as the metro, the cinema, the hospital, in restaurants?	Yes	1	
		No	0	
3	Which cigarette would you have most difficulty giving up?	The first in the morning	1	
		Another	0	
4	How many cigarettes do you smoke each day?	10 or less	0	
		11 to 20	1	
		21 to 30	2	
		31 or more	3	
5	Do you smoke more often in the first few hours of the morning than the rest of the day?	Yes	1	
		No	0	
6	Do you smoke when you are sick and must stay in bed nearly the whole day?	Yes	1	
		No	0	

**TOTAL :**

Source : Fagerström (traduction par les traducteurs officiels de l'OMS, JF Etter + Conférence Consensus 1998)

### YOUR SCORE

**7 or more :** You are strongly dependent on nicotine.

**6 or less :** You have a low to moderate dependence on nicotine, but you may be heavily dependent psychologically. We invite you to take the Horn test to learn more.

**> NOTE :** The fact that you combine a telephone intervention with a pharmacological aid increases your chance of success !