



Tobacco Smoking

Test your addiction to tobacco



Nicotine Addiction

Nicotine addiction has a major influence on smoking cessation. The less dependent you are, the easier it will be to stop. On the other hand, if your addiction is moderate or severe, it is important to discuss it with your doctor, who can suggest appropriate solutions to help you quit more easily. Note that **MOTIVATION** remains by far the best solution...



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Evaluation for Nicotine Dependence:

Fagerström Test:

How soon after you wake up do you smoke your first cigarette?	Within 5 minutes	3 points
	6-30 minutes	2 points
	31-60 minutes	1 point
	After 60 minutes	0 point
Do you find difficult to refrain from smoking in places Where it is forbidden (e.g. in church, at the library, cinema etc.) ?	Yes	1 point
	No	0 point
Which cigarette would you hate to give up?	The first one in the morning	1 point
	All the others	0 point
How many cigarettes/day do you smoke?	10 or less	0 point
	11-20	1 point
	21-30	2 points
	31 or more	3 points
Do you smoke more frequently during the first hours after waking than during the rest of the day?	Yes	1 point
	No	0 point
Do you smoke if you are so ill you are in bed most of the day?	Yes	1 point
	No	0 point
Total Score		

Score de 0 to 2: no nicotine addiction
Score de 3 to 4: low nicotine addiction
Score de 5 to 6: moderately addictive to nicotine
Score de 7 to 10: highly nicotine dependent