**Nicotine dependence Fagerstrom Test.**

*How soon after waking do you smoke your first cigarette?*

* *Within 5minutes (score 3)*
* *5-30 minutes (score 2)*
* *31-60 minutes (score 1)*
* *60+ Minutes (score 0)*

*How many cigarettes a day do you smoke?*

* *10 or less (score 0)*
* *11-20 (score 1)*
* *21-30 (score2)*
* *31 or more (score 3)*

*To obtain your level of Nicotine dependence add up the Score (in brackets) for answering both questions*

*0-2 low nicotine dependence*

*3-4 moderate nicotine dependence*

*5+ high nicotine dependence*

*If you have any level of nicotine dependence you can benefit from support. If you are not quite ready to Quit then we have ideas for future Quitting.*