

Nicotine Dependence Assessment Form

Name:

Age:

Gender:

How many cigarettes do you smoke per day?

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

☐

Within 5 minutes

☐

6-30 minutes

☐

31-60 minutes

☐

After 60 minutes

Do you find it difficult to refrain from smoking in places where it is forbidden?

☐

Yes

☐

No

Which cigarette would you hate most to give up?

☐

The first one in the morning

☐

Any other

Do you smoke more frequently during the first hours after waking than during the rest of the day?

☐

Yes

☐

No

Do you smoke even if you are so ill that you are in bed most of the day?

☐

Yes

☐

No

Additional Comments: