Dependence on Smoking (based on Fagerstrom Test of Nicotine/Cigarette Dependence, FTND/FTCD)

This set of questions will enable us to see how dependent you are on your cigarettes.

<table>
<thead>
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<th>Question</th>
<th>Response Options</th>
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| 1. How soon after you wake up do you smoke your first cigarette? (Circle one response) | Within 5 minutes 3
6-30 minutes 2
31-60 minutes 1
More than 60 minutes 0 |
| 2. Do you find it difficult to stop smoking in no-smoking areas? (Circle one response) | No 0
Yes 1 |
| 3. Which cigarette would you hate most to give up? (Circle one response) | The first of the morning 1
Other 0 |
| 4. How many cigarettes per day do you usually smoke? (Write the number on the line and circle one response) | _________ per day
10 or less 0
11 to 20 1
21 to 30 2
31 or more 3 |
| 5. Do you smoke more frequently in the first hours after waking than during the rest of the day? (Circle one response) | No 0
Yes 1 |
| 6. Do you smoke if you are so ill that you are in bed most of the day? (Circle one response) | No 0
Yes 1 |

A shorter version, the Heaviness of Smoking Index (HSI) consists of questions 1 and 4.
Scoring
Responses are summed across all 6 questions (omitting the number written on the line in question 4), resulting in a score from 0 to 10 for the full questionnaire and a score from 0 to 6 for the HSI, with higher scores representing heavier smoking.

References for this are