

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.

1.	How soon after you wake up do you smoke your first cigarette? (<i>Circle one response</i>)	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? (<i>Circle one response</i>)	No	0
		Yes	1
3.	Which cigarette would you hate most to give up? (<i>Circle one response</i>)	The first of the morning	1
		Other	0
4.	How many cigarettes per day do you usually smoke? (<i>Write the number on the line and circle one response</i>) _____ 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? (<i>Circle one response</i>)	No	0
		Yes	1
6.	Do you smoke if you are so ill that you are in bed most of the day? (<i>Circle one response</i>)	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

- Fagerstrom, K. (2012). "Determinants of tobacco use and renaming the FTND to the Fagerstrom Test for Cigarette Dependence." *Nicotine Tob Res* 14(1): 75-78.
- Heatherton, T. F., L. T. Kozlowski, et al. (1991). "The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire." *Br J Addict* 86(9): 1119-1127.
- Kozlowski, L. T., C. Q. Porter, et al. (1994). "Predicting smoking cessation with self-reported measures of nicotine dependence: FTQ, FTND, and HSI." *Drug Alcohol Depend* 34(3): 211-216.