EVALUATION SCALE FOR NICOTINE DEPENDENCY

The test that follows was designed to help you determine your level of physical dependency on nicotine.

Write your answer in the column "**SCORE**", according to the number of points attributed to your answers. Then add up your points to arrive at your total "**SCORE**". The maximum number of points is 10.

	QUESTIONS	ANSWER	POINTS	SCORE
1	How long after you wake up do you have your first cigarette?	Within 5 minutes	3	
		6 to 30 minutes	2	
		31 to 60 minutes	1	
		More than 60 minutes	0	
2	Do you find that it is difficult to refrain from smoking in areas where it is not allowed such as the metro, the cinema, the hospital, in restaurants?	Yes	1	
		No	0	
3	Which cigarette would you have most difficulty giving up?	The first in the morning	1	
		Another	0	
4	How many cigarettes do you smoke each day?	10 or less	0	
		11 to 20	1	
		21 to 30	2	
		31 or more	3	
5	Do you smoke more often in the first few hours of the morning than the rest of the day?	Yes	1	
		No	0	
6	Do you smoke when you are sick and must stay in bed nearly the whole day?	Yes	1	
		No	0	
		TOTAL :		

Source : Fagerström (traduction par les traducteurs officiels de l'OMS, JF Etter + Conférence Consensus 1998)

YOUR SCORE

7 or more : You are strongly dependent on nicotine.

6 or less : You have a low to moderate dependence on nicotine, but you may be heavily dependent psychologically. We invite you to take the Horn test to learn more.

> **NOTE :** The fact that you combine a telephone intervention with a pharmacological aid increases your chance of success !

If you want to quit smoking, you're not alone!

Counsellors at the j'Arrête Smokers' Helpline and Quit Smoking Centres are there to help you in your initiative. Call **1 866 JARRETE** (1 866 527-7383). Also visit our **jarrete.qc.ca** Web site

j'Arrête.
1-866-527-7383 www.jarrete.qc.ca
Quit-Smoking Centres