

Physical Dependency Assessment

	0 points	1 point	2 points	score
1. How soon after you wake up do you have your first nicotine use?	> 30 min.	< 30 min.		
2. Is it difficult for you to not use in places where it is forbidden?	No	Yes		
3. Which use of the day is most satisfying?	Any but first	First in morning		
4. How many times do you use a day?	1-15	16-25	>25	
5. Do you use more in the morning than during the rest of the day?	No	Yes		
6. Do you use even when you are so ill that you are in bed most of the day?	No	Yes		
7. Does the brand you use have a low, medium or high nicotine content?	Low	Medium	High	
8. (Smokers) How often do you inhale?	Never	Sometimes	Always	

Total Score:

Interpretation:

7 or higher= highly dependent on nicotine

6 or less= low to moderate dependence