Physical Dependency Assessment

1. How soon after you wake up do you have your first nicotine use?
   - 0 points: > 30 min.
   - 1 point: < 30 min.

2. Is it difficult for you to not use in places where it is forbidden?
   - 0 points: No
   - 1 point: Yes

3. Which use of the day is most satisfying?
   - 0 points: Any but first
   - 1 point: First in morning

4. How many times do you use a day?
   - 0 points: 1-15
   - 1 point: 16-25
   - 2 points: >25

5. Do you use more in the morning than during the rest of the day?
   - 0 points: No
   - 1 point: Yes

6. Do you use even when you are so ill that you are in bed most of the day?
   - 0 points: No
   - 1 point: Yes

7. Does the brand you use have a low, medium or high nicotine content?
   - 0 points: Low
   - 1 point: Medium
   - 2 points: High

8. (Smokers) How often do you inhale?
   - 0 points: Never
   - 1 point: Sometimes
   - 2 points: Always

**Total Score:**

**Interpretation:**
7 or higher = highly dependent on nicotine
6 or less = low to moderate dependence