







## Use the **Modified Fagerström Nicotine Tolerance Scale** to assess dependence and determine the initial NRT dose.

Please tick (✓) one box for each question

	How soon after waking do you smoke your first cigarette?	Within 5 minutes <input type="checkbox"/> 3 5-30 minutes <input type="checkbox"/> 2 31-60 minutes <input type="checkbox"/> 1
	Do you find it difficult to refrain from smoking in places where it is forbidden? E.g., Church, Library, etc.	Yes <input type="checkbox"/> 1 No <input type="checkbox"/> 0
	Which cigarette would you hate to give up?	The first in the morning <input type="checkbox"/> 1 Any other <input type="checkbox"/> 0
	How many cigarettes a day do you smoke?	10 or less <input type="checkbox"/> 0 11-20 <input type="checkbox"/> 1 21-30 <input type="checkbox"/> 2 31 or more <input type="checkbox"/> 3
	Do you smoke more frequently in the morning?	Yes <input type="checkbox"/> 1 No <input type="checkbox"/> 0
	Do you smoke even if you are sick in bed most of the day?	Yes <input type="checkbox"/> 1 No <input type="checkbox"/> 0
		<b>Total Score</b>

**SCORE | 1-2 = low dependence; 3-4 = low to moderate dependence; 5-7 = moderate dependence; 8+ = high dependence**