

Do you smoke and if so, have you smoked in the last 30 days?

- a. No
- b. Yes
- c. Smoked, but not in the last 30 days

(if B, then continue, otherwise skip)

1. How soon after you wake up do you smoke your first cigarette?

- a. Within 5 minutes
- b. 6 - 30 minutes
- c. 31 - 60 minutes
- d. After 60 minutes

2. Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library, in the cinema, etc.?

- a. Yes
- b. No

3. Which cigarette would you hate most to give up?

- a. The first one in the morning
- b. Any other one

4. How many cigarettes/day do you smoke?

- a. 10 or less
- b. 11 - 20
- c. 21 - 30
- d. 31 or more

5. Do you smoke more frequently during the first few hours after awaking than during the rest of the day?

- a. Yes
- b. No

6. Do you still smoke if you are so ill that you are in bed most of the day?

- a. Yes
- b. No

Reference: Heatherton, T.F., Kozlowski, L.T., Frecker, R.C., & Fagerstrom, K.O. (1991). The Fagerstrom test for nicotine dependence: A revision of the Fagerstrom tolerance questionnaire. *Br J Addict.*, 86(9),1119-27.