



Nicotine Addiction Test

How To Use This Form: Here is a short test to help you see how much you may be addicted to nicotine. Complete the test and print it out when you are done. You can also print out the test first and then complete it by hand. (To print, click on “file” then “print” in the upper left of the page.) When you have finished the test, you can choose to save the information to your computer, or you can exit without saving it. (To exit, click on the **X** in the upper right of the page.)

(1) Answer each of the six questions below by placing a number in the “Your Points” column and then adding them up. Read the explanation that follows to see what your score may mean.

Nicotine Addiction Test		Points	Your Points
1. How soon after you wake up do you smoke your first cigarette?	Less than 5 minutes	3	
	6–30 minutes	2	
	31–60 minutes	1	
	After 1 hour	0	
2. Do you smoke more frequently in the hours after waking than during the rest of the day?	Yes	1	
	No	0	
3. Do you find it difficult not to smoke?	Yes	1	
	No	0	

4. Which cigarettes would you most hate to give up?	The first one in the morning	1	
	Any other	0	
5. How many cigarettes do you smoke a day?	10 or less	0	
	11–20	1	
	21–30	2	
	31 or more	3	
6. Do you smoke when you're so sick that you're home in bed?	Yes	1	
	No	0	
Your Score			

(2) What Your Score May Tell You

The higher your score, the more you rely on the nicotine in your cigarette. If you scored even a single point, you may be addicted to nicotine. If you scored 5 points or more, you may be highly addicted to the nicotine in cigarettes.

Remember, no matter what your score, you will have to work hard to quit. Quitting smoking will take a lot of patience and perseverance, but once you have quit for good, you will be free of your reliance on the nicotine in cigarettes. You will control your life, nicotine won't.

(3) Get help to quit smoking with these online resources and quit lines (free, anonymous telephone counseling services).

- **“Quitting Smoking for Older Adults”** on NIHSeniorHealth.gov (www.nihseniorhealth.gov). Includes 8 Quit Smoking Worksheets.
- [Clear Horizons: A Quit Smoking Guide for People 50 and Older.](#)
- **Smokefree.gov** at www.smokefree.gov
- **Smokefree Women** at www.women.smokefree.gov
- **SmokefreeVET** (for veterans) at www.smokefree.gov/vet
- **Smokefree Espanol** at www.espanol.smokefree.gov
- Call a quit line coach at (877) 44U-QUIT or (877) 448-7848, or (800) QUIT-NOW or (800) 784-8669.

(To learn more, visit **“Quitting Smoking for Older Adults”** at www.NIHSeniorHealth.gov)