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Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits

THE BRIEF TOBACCO INTERVENTION TRAINING PROGRAM

Fagerstrom Test for Nicotine Dependence

Please tick (\checkmark) one box for each question		
How soon after waking do you smoke your firs	Within 5 minutes	3
cigarette?	5-30 minutes	2
	31-60 minutes	1
Do you find it difficult to refrain from smoking in	Yes	1
places where it is forbidden? e.g. Church, Library, etc.	No	0
Which cigarette would you hate to give up?	The first in the morning	1
	Any other	0
How many cigarettes a day do you smoke?	10 or less	0
	11-20	1
	21-30	2
9	31 or more	3
Do you smoke frequently in the morning?	Yes	1
	No	0
Do you smoke even if you are sick in bed most of the	Yes	1
day?	No	0
	Total score	

SCORE

1- 2 = low dependence3-4 = low to mod dependence

5-7 = moderate dependence

8+ = high dependence

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