Smoking Habits Quiz

Instructions: Take the Smoking Habits Quiz for a profile of your nicotine dependence and some ideas about how to tame your cravings as you become a non-smoker.

Do you currently smoke cigarettes? ○ No ○ Yes
If "yes," answer each question below. Check the answer choice which best describes you.

1. How soon after you wake up do you smoke your first cigarette?
   - ○ Within 5 minutes (3 points)
   - ○ 6 to 30 minutes (2 points)
   - ○ 31 to 60 minutes (1 point)
   - ○ After 60 minutes (0 points)

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)?
   - ○ No (0 points)
   - ○ Yes (1 point)

3. Which cigarette would you hate most to give up?
   - ○ The first one in the morning (1 point)
   - ○ Any other (0 points)

4. How many cigarettes per day do you smoke?
   - ○ 10 or less (0 points)
   - ○ 11 to 20 (1 point)
   - ○ 21 to 30 (2 points)
   - ○ 31 or more (3 points)

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
   - ○ No (0 points)
   - ○ Yes (1 point)

6. Do you smoke when you are so ill that you are in bed most of the day?
   - ○ No (0 points)
   - ○ Yes (1 point)

To get your total score, add up the total number of points on your choices for all 6 questions.
My Total Score = _____

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Results:

If your Total Score is 0 to 2: You have a very low level of nicotine dependence.
If your Total Score is 3 to 4: You have a low level of nicotine dependence.
If your Total Score is 5: You have a medium level of dependence on nicotine.
If your Total Score is 6 to 7: You have a high level of dependence on nicotine.
If your Total Score is 8 to 10: You have a very high level of dependence on nicotine.

source: Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO (1991). The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire. Br J Addict 86:1119-27.

Want to Quit Smoking or Kick the Tobacco Habit?

If you smoke or use tobacco, one of the best ways to get healthy is to quit. Tobacco use puts you at high risk for cancer, heart attack, stroke and even sexual problems. The risks are even greater if you have diabetes, you are overweight, or you have other health problems.

A pregnant mom who smokes is also risking the health of her unborn baby. Studies show drugs, stop-smoking aids, counseling, support and habit changes can help you quit.

Take that First Step:

- Decide to stop smoking and set a date.
- Get support from family and friends.
- Quit with a friend or partner.
- Get help from your doctor.
- Call Health Choice Arizona and Arizona Smoker's Helpline (ASHLine) **1-800-556-6222** or visit **ashline.org**. The ASHLine can give you free samples of stop-smoking aides. The ASHLine can also give you counseling and support to help you kick the habit.

For more information on quitting tobacco, go to Tobacco Free Arizona at: **www.azdhs.gov/prevention/tobacco-chronic-disease/tobacco-free-az/index.php**. Tobacco Free Arizona is a program to help Arizonans know the risks of tobacco use and resources for quitting.

We always want to help you get healthy. Health Choice Arizona also covers certain aids to help you quit if your doctor orders them. Ask your doctor for more information.

Call us **1-800-322-8670** and ask to talk with a Health Choice Arizona case manager for help quitting smoking.

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