FTND – Scoring Sheet

1. How soon after you wake up do you smoke your first cigarette?
   1. Within 5 minutes 3 points
   2. 6-30 minutes 2 points
   3. 31-60 minutes 1 point
   4. After 60 minutes 0 points
2. Do you find it difficult to refrain from smoking in places where it is forbidden

(for example: in the movie theater, in the library, in church)?

* 1. Yes 1 point
  2. No 0 points

1. Which cigarette would you hate most to give up?
   1. The first one in the morning 1 point
   2. Any other 0 points
2. How many cigarettes per day do you smoke?
   1. 10 or less 0 points
   2. 11-20 1 point
   3. 21-30 2 points
   4. 31 or more 3 points
3. Do you smoke more frequently during the first hours after waking than during the rest of the day?
   1. Yes 1 point
   2. No 0 points
4. Do you smoke if you are so ill that you are in bed most of the day?
   1. Yes 1 point
   2. No 0 points