PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

Quiz

Take this little quiz to see how dependent you are on cigarettes:

1) I only smoke occasionally, like at parties on weekends.
2) I smoke 15 or more cigs every day.
3) I usually smoke my first cig within 30 minutes of waking up.
4) It's tough to go for more than 4 hours without a smoke.
5) I've tried to cut back or quit and I felt awful. I was moody, couldn't concentrate in school and had trouble sleeping.

If number 1 best describes your smoking behaviour, you may not be dependent or you have a low level of dependency.

If you identify with any of the remaining statements, you're probably moderately to highly dependent. The more of the statements from 2-5 that describe your smoking behaviour, the higher your level of dependence is.