1. How soon after you wake up do you smoke your first cigarette?  
- Within 5 minutes ................................................................. 3
- 6–30 minutes ........................................................................ 2
- 31–60 minutes ..................................................................... 1
- After 60 minutes ................................................................. 0

2. Do you find it difficult to refrain from smoking in the places where it is forbidden (e.g., in church, at the library, in cinema)?  
- Yes ..................................................................................... 1
- No ..................................................................................... 0

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

4. How many cigarettes/day do you smoke?  
- 10 or less ........................................................................... 0
- 11–20 ................................................................................ 1
- 21–30 ................................................................................ 2
- 31 or more ......................................................................... 3

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

6. Do you smoke if you are so ill that you are in bed most of the day?  
- Yes ..................................................................................... 1
- No ..................................................................................... 0

Total Score:  

MODIFIED FAGERSTRÖM TOLERANCE QUESTIONNAIRE (ADOLESCENTS)

1. How many cigarettes a day do you smoke?
   - Over 26 cigarettes a day .......................................................... 2
   - About 16–25 cigarettes a day .................................................... 1
   - About 1–15 cigarettes a day ...................................................... 0
   - Less than 1 a day .................................................................. 0

2. Do you inhale?
   - Always .................................................................................. 2
   - Quite often ........................................................................... 1
   - Seldom .................................................................................. 1
   - Never .................................................................................... 0

3. How soon after you wake up do you smoke your first cigarette?
   - Within the first 30 minutes ................................................... 1
   - More than 30 minutes after waking but before noon .......... 0
   - In the afternoon ................................................................. 0
   - In the evening ..................................................................... 0

4. Which cigarette would you hate to give up?
   - First cigarette in the morning .............................................. 1
   - Any other cigarette before noon ........................................... 0
   - Any other cigarette afternoon ............................................. 0
   - Any other cigarette in the evening ...................................... 0

5. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, movies)?
   - Yes, very difficult ............................................................... 1
   - Yes, somewhat difficult ..................................................... 1
   - No, not usually difficult .................................................... 0
   - No, not at all difficult ....................................................... 0

6. Do you smoke if you are so ill that you are in bed most of the day?
   - Yes, always .......................................................................... 1
   - Yes, quite often ................................................................... 1
   - No, not usually .................................................................. 0
   - No, never ............................................................................ 0

7. Do you smoke more during the first 2 hours than during the rest of the day?
   - Yes .................................................................................. 1
   - No .................................................................................... 0

Total Score: ________


1. How many tins or pouches of smokeless tobacco do you typically use each week?  
- 1 or less each week ................................................................. 0  
- 2–4 each week ........................................................................... 1  
- 5 or more each week ................................................................. 2  

2. How often do you use smokeless tobacco?  
- 1 day each week or less .............................................................. 0  
- 2–5 days each week .................................................................... 1  
- 6–7 days each week .................................................................... 2  

3. Do you intentionally swallow tobacco juices?  
- No .............................................................................................. 0  
- Yes ............................................................................................. 1  

4. Do you use smokeless tobacco when you are sick or have mouth sores?  
- No .............................................................................................. 0  
- Yes ............................................................................................. 1  

5. How soon after waking from your normal sleeping period do you use chewing tobacco or snuff?  
- After 30 minutes of waking ........................................................ 0  
- Within 30 minutes of waking .................................................... 1  

6. Do you smoke cigarettes?  
- No .............................................................................................. 0  
- Yes ............................................................................................. 1  

7. Is it difficult for you not to use smokeless tobacco where its use is restricted or not allowed?  
- No .............................................................................................. 0  
- Yes ............................................................................................. 1  

Total Score: 