

# 尼古丁依賴程度測試

## Fagerstrom test for nicotine dependence



利用下表了解對尼古丁的依賴程度，戒煙行動會事半功倍。

Use the following table to understand the nicotine dependence level.

問題 Questions	選項 Response	分數 Score
1. 你每天一覺醒來後多久才吸第一支煙？ How soon after you wake up do you smoke your first cigarette?	5 分鐘內 Within 5 minutes	3
	6-30 分鐘內 6-30 minutes	2
	31-60 分鐘內 31-60 minutes	1
	60 分鐘後 After 60 minutes	0
2. 當你身處非吸煙區內(例如商場、地鐵或升降機內)，會否感到難於忍住不吸煙？ Do you find it difficult to refrain from smoking in places where it is forbidden? (e.g. in a shopping mall, at a MTR station, in a lift etc.)	會 Yes	1
	不會 No	0
3. 你覺得哪一支煙最難放棄？ Which cigarette would you hate most to give up?	早上第一支 The first in the morning	1
	其他 Any other	0
4. 在起床後數小時內你吸煙次數會否較在其他時間頻密？ Do you smoke more frequently during the first hours after awakening than during the rest of the day?	會 Yes	1
	不會 No	0
5. 當你患病至大部份時間臥床時，你會否吸煙？ Do you smoke even if you are so ill that you are in bed most of the day?	會 Yes	1
	不會 No	0
6. 你每天吸多少支煙？ How many cigarettes per day do you smoke?	31 支或以上 31 or more	3
	21-30 支 21-30	2
	11-20 支 11-20	1
	10 支或以下 10 or less	0
	<b>總分</b> <b>Total score</b>	

<b>總分</b> <b>Total score</b>	<b>尼古丁依賴程度及戒煙忠告</b> <b>Nicotine dependence and advice</b>
0-3 較輕 Low	<p>你對尼古丁的依賴並不算嚴重，只要使用有效的戒煙方法，應該可以成功戒煙。</p> <p>Your level of nicotine dependence is still low. You should act now before your level of dependence increases.</p>
4-5 中等 Moderate	<p>你已開始對尼古丁有依賴，但依然有機會自行戒煙，只要下定決心，並使用有效的戒煙方法，一定可以成功戒煙。</p> <p>Your level of nicotine dependence is moderate. With your own determination and right smoking cessation measures, you can quit it successfully.</p>
6-10 偏高 High	<p>你對尼古丁已經非常依賴。在未引發與吸煙相關的疾病前，請即從速戒煙。(衛生署戒煙綜合熱線：1833 183)</p> <p>Your level of dependence is high. You should quit now before suffering from serious diseases caused by smoking.            (Quitline: 1833 183)</p>