

表一：尼古丁依賴程度測試

Table one: 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 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、港鐵或升降機內)，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)	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	當你患病至大部分時間臥床時，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 do you smoke per day?	31支以上 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
		總分 Total score	

總分 Total score	尼古丁依賴程度及戒煙忠告 Nicotine dependence and advice
0-3 較輕 Low	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。 Your level of nicotine dependence is still low. You should act now before your level of dependence increases.
4-5 中等 Moderate	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。 Your level of nicotine dependence is moderate. With your own determination and right smoking cessation measures, you can quit it successfully.
6-10 偏高 High	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。 (衛生署綜合戒煙熱線：1833 183) Your level of dependence is high. You should quit now before suffering from serious diseases caused by smoking. (Quitline: 1833 183)