

Modified Version of the Fagerstrom Tolerance Questionnaire (mFTQ)

(Scoring guidelines in parentheses; remove these from instrument prior to use).

1. How many cigarettes a day do you smoke?
 - a. Over 26 cigarettes a day (2)
 - b. About 16-25 cigarettes a day (1)
 - c. About 1-15 cigarettes a day (0)
 - d. Less than 1 a day (0)

2. Do you inhale?
 - a. Always (2)
 - b. Quite often (1)
 - c. Seldom (1)
 - d. Never (0)

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

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

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

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

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