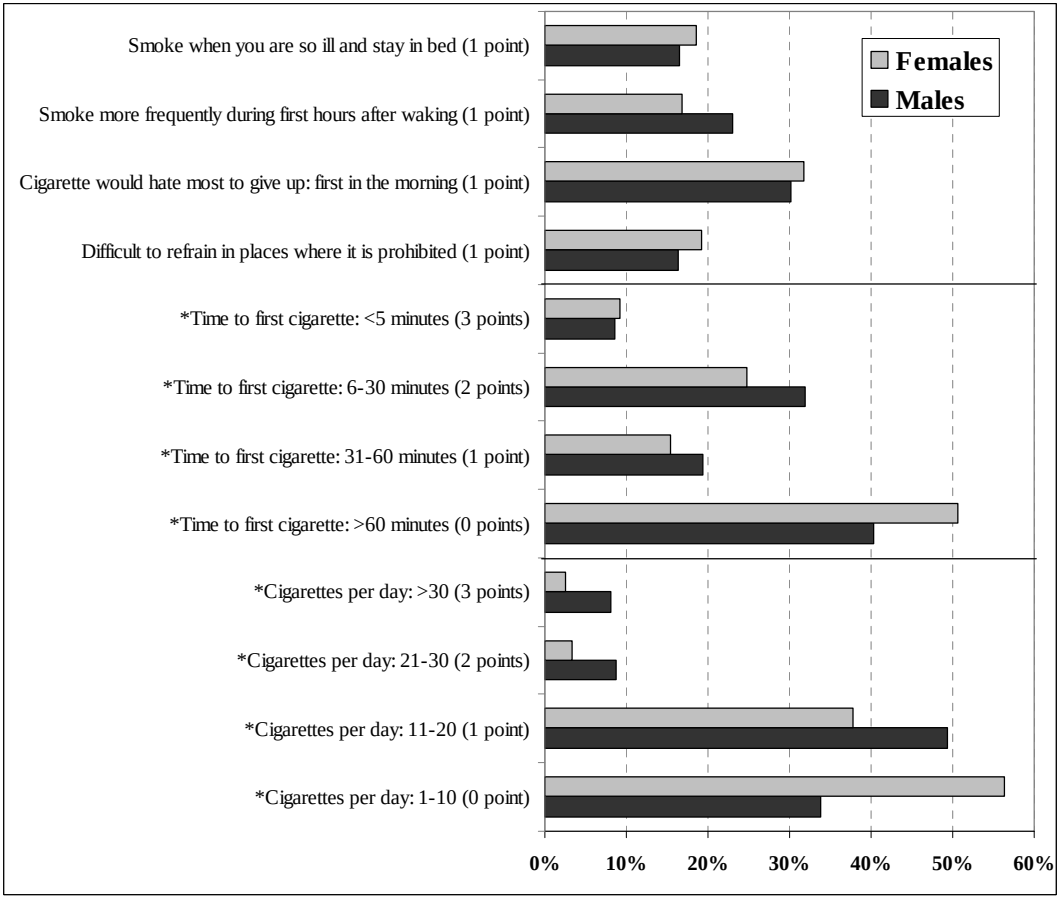
Females
Males
Smoke when you are so ill and stay in bed (1 point)
Smoke more frequently during first hours after waking (1 point)
Cigarette would hate most to give up: first in the morning (1 point)
Difficult to refrain in places where it is prohibited (1 point)
*Time to first cigarette: <5 minutes (3 points)
*Time to first cigarette: 6-30 minutes (2 points)
*Time to first cigarette: 31-60 minutes (1 point)
*Time to first cigarette: >60 minutes (0 points)
*Cigarettes per day: >30 (3 points)
*Cigarettes per day: 21-30 (2 points)
*Cigarettes per day: 11-20 (1 point)
*Cigarettes per day: 1-10 (0 point)
0%
10%
20%
30%
40%
50%
60%