

Fagerström Test for Nicotine Dependence

1. How soon after you wake up do you have your first cigarette?
 - A. Within 5 minutes (3)
 - B. 6-30 minutes (2)
 - C. 31-60 minutes (1)
 - D. After 60 minutes (0)
2. Do you find it difficult to refrain from smoking in places where it is forbidden?
 - A. Yes (1)
 - B. No (0)
3. Which cigarette would you hate most to give up?
 - A. The first one in the morning (1)
 - B. All others (0)
4. How many cigarettes per day do you smoke?
 - A. 10 or fewer (0)
 - B. 11-20 (1)
 - C. 21-30 (2)
 - D. 31 or more (3)
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
 - A. Yes (1)
 - B. No (0)
6. Do you smoke even if you are so ill that you are in bed most of the day?
 - A. Yes (1)
 - B. No (0)

TOTAL: _____

Scoring:

7 to 10 points = highly nicotine dependent; 4 to 6 points = moderately nicotine dependent; less than 4 points = less nicotine dependent.

Higher scores indicate that withdrawal symptoms from quitting tobacco are more likely and likely to be stronger.

Source: Heatherton, T.F.; Kozlowski, L.T.; Frecker, R.C.; Fagerström, K.O. (1991). "The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire." *British Journal of Addiction*, 86 (9): 1119-27