Fagerström test for nicotine dependence

1. How soon after you wake up do you smoke your first cigarette? (Circle score)
   - Within 5 minutes ......................................................... 3
   - 6–30 minutes ................................................................. 2
   - 31–60 minutes ............................................................... 1
   - After 60 minutes ......................................................... 0

2. Do you find it difficult to refrain from smoking in the places where it is forbidden (e.g., in church, at the library, in cinema)?
   - Yes ................................................................................. 1
   - No ............................................................................... 0

3. Which cigarette would you hate most to give up?
   - The first one in the morning ........................................ 1
   - Any other ....................................................................... 0

4. How many cigarettes/day do you smoke?
   - 10 or less ....................................................................... 0
   - 11–20 ............................................................................ 1
   - 21–30 ............................................................................ 2
   - 31 or more ..................................................................... 3

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
   - Yes ............................................................................... 1
   - No ............................................................................... 0

6. Do you smoke if you are so ill that you are in bed most of the day?
   - Yes ............................................................................... 1
   - No ............................................................................... 0

Total Score: ..........

Scores: 1–2 = very low dependence; 3–4 = low dependence; 5 = moderate dependence; 6–7 = high dependence; 8+ = very high dependence

NB. A low dependence score indicates level of nicotine dependence and therefore the level of intervention/support that the person will need to successfully cease smoking.