

Fagerström test for nicotine dependence

1. How soon after you wake up do you smoke your first cigarette? (Circle score)

- Within 5 minutes3
- 6–30 minutes2
- 31–60 minutes1
- After 60 minutes0

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)?

- Yes1
- No0

3. Which cigarette would you hate most to give up?

- The first one in the morning1
- Any other0

4. How many cigarettes/day do you smoke?

- 10 or less0
- 11–201
- 21–302
- 31 or more3

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?

- Yes1
- No0

6. Do you smoke if you are so ill that you are in bed most of the day?

- Yes1
- No0

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.

Heatherton TF, Kozlowski LT, Frecker RC, Fagerström K-O. The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *Br J Addict* 1991;86:1119–1127. Updated June 2003.