



## Fagerstrom Test for Nicotine Dependence

**Score 8+ = high dependence**

**Score 5-7 = moderate dependence**

**Score 3-4 = low to moderate dependence**

**Score 0-2 = low dependence**

QUESTION	RESPONSE	SCORE
1. How soon after you wake up do you smoke your first cigarette?	After 60 minutes	0
	31-60 minutes	1
	6-30 minutes	2
	Within 5 minutes	3
2. Do you find it difficult to refrain from smoking in places where it is forbidden?	No	0
	Yes	1
3. Which cigarette would you hate most to give up?	The first in the morning	1
	Any other	0
4. How many cigarettes do you smoke per day?	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?	No	0
	Yes	1
6. Do you smoke even if you are so ill that you are in bed most of the day?	No	0
	Yes	1
<b>Total</b>		

*Adapted from Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire. British Journal of Addictions 1991; 86:1119-27.*

**The most distinctive indicators of nicotine dependence are:**

- Time to first cigarette after waking
- The number of cigarettes smoked per day

