

Fagerström Test for Nicotine Dependence (Adults) Tobacco Cessation Toolkit

Question	Score
1. How soon after you wake up do you smoke your first cigarette? <input type="checkbox"/> Within 5 minutes <input type="checkbox"/> 6–30 minutes <input type="checkbox"/> 31–60 minutes <input type="checkbox"/> After 60 minutes	 3 2 1 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)? <input type="checkbox"/> Yes <input type="checkbox"/> No	 1 0
3. Which cigarette would you hate most to give up? <input type="checkbox"/> The first one in the morning <input type="checkbox"/> Any other	 1 0
4. How many cigarettes/ days do you smoke? <input type="checkbox"/> 10 or less <input type="checkbox"/> 11–20 <input type="checkbox"/> 21–30 <input type="checkbox"/> 31 or more	 0 1 2 3
5. Do you smoke more frequently during the first hours after waking than during the rest of the day? <input type="checkbox"/> Yes <input type="checkbox"/> No	 1 0
6. Do you smoke if you are so ill that you are in bed most of the day? <input type="checkbox"/> Yes <input type="checkbox"/> No	 1 0
Total Score	

Scoring: 7 to 10 points = highly dependent; 4 to 6 points = moderately dependent; less than 4 points = minimally dependent

Source: Heatherton TF, Kozlowski LT, Frecker RC, Fagerström K-O. The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *Br J Addict* 1991; 86:1119–1127. Copyright © 1999-2014 The Regents of the University of California. All rights reserved.