

## The Fagerstrom Test for Nicotine Dependence

Questions	Answers	Points	
1. How soon after you wake up to you smoke your first cigarette?	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 places where it is forbidden (e.g. in church, at the library, in cinema, etc)?	Yes	1	
	No	0	
3. Which cigarette would you hate most to give up?	The first one in the morning	1	
	All others	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	
		Office Use Only	Total _____

### **How to interpret Nicotine Dependency Score:**

**Score of 6 or higher:** Indicates high nicotine dependency and represents individuals who would be particularly likely to benefit from tapering and/or the prescription of nicotine replacement therapy (gum or patch) to decrease nicotine withdrawal symptoms as an adjunct to standard counseling.

**Score of 5 or less:** Suggests low to moderate nicotine dependency and represents individuals who may be less likely to require tapering and/or the prescription of nicotine replacement therapy (gum or patch). Standard counseling is most appropriate.