

Fagerstrom Test for Nicotine Dependence

Choose the best answer for each question and write point value in the space provided.
Total your score and then use the key to determine your nicotine dependence.

1. How soon after you wake up do you smoke your first cigarette?
After 60 minutes (0 points)
31-60 minutes (1 point)
6-30 minutes (2 points)
Within 5 minutes (3 points)
-
- = _____ points
2. Do you find it difficult to refrain from smoking in places where it is forbidden?
No (0 points)
Yes (1 points)
-
- = _____ points
3. Which cigarette would you hate most to give up?
The first in the morning (1 point)
Any other (0 points)
-
- = _____ points
4. How many cigarettes per day do you smoke?
10 or less (0 points)
11-20 (1 point)
21-30 (2 point)
31 or more (3 points)
-
- = _____ points
5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?
No (0 points)
Yes (1 point)
-
- = _____ points
6. Do you smoke if you are so ill that you are in bed most of the day?
No (0 points)
Yes (1 point)
-
- = _____ points
-
- Total Score = _____ points

Scoring:

7 to 10 points = highly dependent

4 to 6 points = moderately dependent

< 4 points = minimally dependent