



Fagerstrom Test for Nicotine Dependence

Source: The items come from the 6-item Modified Fagerstrom Test for Nicotine Dependence. Used with Permission

Reference: 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

Scale Description: A 6-item scale designed to assess the degree to which an individual relies on smoked tobacco to maintain a sense of well-being.

Scoring and Algorithm

Note: For each assessment, there is an algorithm leading to one of three acuity ranges. Low, Medium, or High

The items are scored differently for each question; total score is sum of all 6 items, possible range 0-10. See scoring for each question on the scale below in () after each possible answer. *The scoring information for each item should be removed if the scale is taken using a paper and pencil format.*

Algorithm

Total = 0-4 Feedback #1 Low Nicotine Dependence

Total = 5-6 Feedback #2 Medium Nicotine Dependence

Total = 7-10 Feedback #3 High Nicotine Dependence



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Please answer each question about your smoking habits.

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 per 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 awakening 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)

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