

The Fagerstrom Test for Nicotine Dependence

	Place points for each question in the score column	0 Points	1 Point	2 Points	3 Points	Score
1.	How soon after you wake do you smoke your first cigarette?	After 60 minutes	31-60 minutes	6-30 minutes	Within 5 minutes	
2.	Do you find it difficult to refrain from smoking in places where it is forbidden, e.g. in church, library, or cinema, etc.?	No	Yes			
3.	Which cigarette would you hate most to give up?	All others	The first one in the morning			
4.	How many cigarettes do you smoke a day?	10 or less	11-20	21-30	31 or more	
5.	Do you smoke more frequently during the first hours after waking than the rest of the day?	No	Yes			
6.	Do you smoke if you are so ill that you are in bed most of the day?	No	Yes			
Total:						

Classification of dependence

0-2 Very low
 3-4 Low
 5 Moderate
 6-7 High
 8-10 Very high