Fagerstrom Test for Nicotine Dependence

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


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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