

Handout

Fagerström Test for Nicotine Dependence†

Questions	Answers	Points
How soon after you wake up do you smoke your first cigarette?	Within 5 minutes	3
	6–30 minutes	2
	31–60 minutes	1
	After 60 minutes	0
Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., in church, at the library, in the cinema)?	Yes	1
	No	0
Which cigarette would you hate most to give up?	The first one in the morning	1
	All others	0
How many cigarettes a day do you smoke?	10 or fewer	0
	11–20	1
	21–30	2
	31 or more	3
Do you smoke more frequently during the first hours after waking than during the rest of the day?	Yes	1
	No	0
Do you smoke if you are so ill that you are in bed most of the day?	Yes	1
	No	0
Score		