

Fagerstrom Test for Nicotine Dependence – Smokeless Tobacco (FTND-ST)

Questions	Answers	Points
1. How soon after you wake up do you place your first dip?	Within 5 min	3
	6 - 30 min	2
	31 – 60 min	1
	After 60 min	0
2. How often do you intentionally swallow tobacco juice?	Always	2
	Sometimes	1
	Never	0
3. Which chew would you hate to give up most?	The first one in the morning	1
	Any other	0
4. How many cans/pouches per week do you use?	More than 3	2
	2 – 3	1
	1	0
5. Do you chew more frequently during the first hours after awakening than during the rest of the day?	Yes	1
	No	0
6. Do you chew if you are so ill that you are in bed most of the day?	Yes	1
	No	0

Total =

Scoring Instructions: Add up responses to all items. A score of 5 or more indicates a significant dependence, while a score of 4 or less shows a low to moderate dependence.

Reference: Ebbert JO, Patten CA, Schroeder DR.
The Fagerstrom Test for Nicotine Dependence-Smokeless Tobacco (FTND-ST). Addictive Behaviors 31(9), 2006,
1716-1721. doi: 10.1016/j.addbeh.2005.12.015