

Fagerstrom Nicotine Dependence Scale- Smokeless Tobacco (FTND-ST)

Questions	Answers	Points
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
How often do you intentionally swallow tobacco juice?	Always	2
	Sometimes	1
	Never	0
Which chew would you hate to give up most?	The first one in the morning	1
	All others	0
How many cans/pouches per week do you use?	More than 3	2
	2- 3	1
	1	0
Do you chew more frequently during the first hours after awakening than during the rest of the day?	Yes	1
	No	0
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.

*Heatherton, Todd F. et al. 1991 The Fagerström Test for Nicotine Dependence: A revision of the Fagerström Tolerance Questionnaire. *British Journal of Addiction* 86:1119-1127.