

Fagerstrom Nicotine Dependence Scale

Questions	Answers	Points
How soon after you wake up do smoke your first cigarette?	Within 5 min	3
	6 - 30 min	2
	31 – 60 min	1
	After 60 min	0
Do you find it difficult to refrain from smoking in places where it is forbidden, e.g. in church, at the library, in a cinema, etc.?	Yes	1
	No	0
Which cigarette would you hate to give up most?	The first one in the morning	1
	All others	0
How many cigarettes do you smoke per day?	10 or less	0
	11 - 20	1
	21 – 30	2
	31 or more	3
Do you smoke more frequently during the first hours after awakening 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
		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.