

## Fagerström Nicotine Dependence Scale\*

*INSTRUCTIONS: For each question, circle the correct answer. Keep track of your points as you go.*

1. How soon after you wake up do you smoke your first cigarette?

- a. Within 5 minutes (3 points)
- b. Within 6-30 minutes (2 points)
- c. Within 31-60 minutes (1 point)
- d. After 60 minutes (0 points)

2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., in church, at the library, in cinema, etc)?

- a. Yes (1 point)
- b. No (0 points)

3. Which cigarette would you hate most to give up?

- a. The first one in the morning (1 point)
- b. Any other (0 points)

4. How many cigarettes per day do you smoke?

- a. 10 or less (0 points)
- b. 11-20 (1 point)
- c. 21-30 (2 points)
- d. 31 or more (3 points)

5. Do you smoke more during the first hours after waking than during the rest of the day?

- a. Yes (1 point)
- b. No (0 points)

6. Do you smoke even when you are ill enough to be in bed most of the day?

a. Yes (1 point)

b. No (0 points)

Now add up your points.

How did you score? \_\_\_\_\_ points

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.