

The Fagerstrom Test for Nicotine Dependence (short version)

| QUESTIONS | Answers | Score <i>(please circle)</i> |
|--|------------------|---------------------------------|
| 1. How soon after waking up do you smoke your first cigarette? | Within 5 minutes | 3 |
| | 6-30 minutes | 2 |
| | 31-60 minutes | 1 |
| | 60+ minutes | 0 |
| 4. How many cigarettes a day do you smoke? | 10 or less | 0 |
| | 11 - 20 | 1 |
| | 21 - 30 | 2 |
| | 31 or more | 3 |
| Total | | |

| | | | | | | |
|-------|-----|---|---------------------|---|---|----------------------|
| Score | 0-2 | = | very low dependence | 5 | = | high dependence |
| | 3 | = | low dependence | 6 | = | very high dependence |
| | 4 | = | moderate dependence | | | |