

Fagerström Test for Nicotine Dependence (Adolescent)

Purpose : The Fagerström Test for Nicotine Dependence Adolescent version helps family physicians document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal in adolescents aged 14-20

Admin time : 5-10 min

User Friendly : High

Administered by : GP or nurse

Content : This modified version of the FTQ (Fagerstrom, 1978) assesses the level of nicotine dependence among adolescents. The instrument uses a 5-point Likert scale for all seven items, except for one item on smoking during the first two hours of the day. The original FTQ item, assessing nicotine content in the respondent's "usual" brand of cigarettes, was excluded from this adolescent version.

Author :

Original Fagerström Test : Fagerström K.O. Measuring degree of physical dependence to tobacco smoking with reference to individualization of treatment. Addictive Behaviors, 1978. 3(3-4): 235-241.

Revised Fagerström Test : Heatherton, T.F., Kozlowski, L.T., Frecker, R.C., Fagerstrom, K.O. (1991). The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire.

Adolescent Fagerström Test : Prokhorov, A.V., Pallonen, U.E., Fava, J.L., Ding, L., & Niaura, R. (1996). Measuring nicotine dependence among high-risk adolescent smokers. Addictive Behaviors, 21(1), 117-127.

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Name : _____

Date : _____

Assessed by : _____

Directions: Ask your patients these seven questions to document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal

Question	Answer	Score
1. How many cigarettes a day do you smoke ?	Over 26 cigarettes a day	2
	About 16-25 cigarettes a day	1
	About 1-15 cigarettes a day	0
	Less than 1 a day	0
2. Do you inhale ?	Always	2
	Quite often	1
	Seldom	1
	Never	0
3. How soon after you wake up do you smoke your first cigarette ?	Within the first 30 minutes	1
	More than 30 minutes after waking but before noon	0
	In the afternoon	0
	In the evening	0
4. Which cigarette would you hate to give up ?	First cigarette in the morning	1
	Any other cigarette before noon	0
	Any other cigarette in the afternoon	0
	Any other cigarette in the evening	0

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	Question	Answer	Score
5.	Do you find it difficult to refrain from smoking in places where it is forbidden (church, library, movies, etc.) ?	Yes, very difficult	1
		Yes, somewhat difficult	1
		No, not usually difficult	0
		No, not at all difficult	0
6.	Do you smoke if you are so ill that you are in bed most of the day ?	Yes, always	1
		Yes, quite often	1
		No, not usually	0
		No, never	0
7.	Do you smoke more during the first 2 hours than during the rest of the day ?	Yes	1
		No	0

Total Score

Score	Interpretation
0 - 2	No dependence
3 - 5	Moderate dependence
6 - 9	Substantial dependence

Prokhorov, A.V., Pallonen, U.E., Fava, J.L., Ding, L., & Niaura, R. (1996). Measuring nicotine dependence among high-risk adolescent smokers. *Addictive Behaviors*, 21(1), 117-127.
