

Fagerström Test for Nicotine Dependence (Adult)

Purpose : The Fagerström test for nicotine dependence helps family physicians document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal

Admin time : 5-10 min

User Friendly : High

Administered by : GP or nurse

Content : 6 questions that are pertaining to : Quantity of cigarettes consumed, urge to use, and dependence.

Author :

Original : 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 : 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.

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<https://www.cgakit.com/smoking-in-late-life>

Fagerström Test for Nicotine Dependence (Adult)

Name : _____

Date : _____

Assessed by : _____

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

Question	Answer	Score
1. How soon after you wake up do you smoke your first cigarette ?	Within 5 minutes	3
	6-30 minutes	2
	31-60 minutes	1
	After 60 minutes	0
2. Do you find it difficult to refrain from smoking in the places where it is forbidden (e.g., in church, at the library, in cinema) ?	Yes	1
	No	0
3. Which cigarette would you hate most to give up ?	The first one in the morning	1
	Any other	0
4. How many cigarettes/day do you smoke ?	10 or less	0
	11-20	1
	21-30	2
	31 or more	3
5. Do you smoke more frequently during the first hours after waking than during the rest of the day ?	Yes	1
	No	0
6. Do you smoke if you are so ill that you are in bed most of the day?	Yes	1
	No	0

Total Score

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Score interpretation :

Score	Interpretation
1 - 2	Low level of dependence
3 - 4	Low to moderate dependence
5 - 7	Moderate dependence
8 or more	High dependence

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