

Fagerström test for nicotine dependence

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

- a) Less than five minutes (3p)
- b) 5-30 minutes (2p)
- c) 31-60 minutes (1p)
- d) More than an hour (0p)

2. Do you find it difficult to refrain from smoking in places where it is forbidden?

- a) Yes (1p)
- b) No (0p)

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

- a) First one in the morning (1p)
- b) Any other (0p)

4. How many cigarettes do you smoke per day?

- a) More than 30 per day (3p)
- b) 21-30 per day (2p)
- c) 11-20 per day (1p)
- d) 10 or less per day (0p)

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

- a) Yes (1p)
- b) No (0p)

6. Do you smoke if you are so ill that you are in bed most of the day?

- a) Yes (1p)
- b) No (0p)

Heavy nicotine dependence: >5 points

Moderate nicotine dependence: 3-5 points

Light nicotine dependence: <3 points