



FTND

FAGERSTROM TEST FOR NICOTINE DEPENDENCE

Questions	Answers	Points
1) How soon after you wake up do you have your first cigarette?	Within 5 minutes	3
	6 to 30 minutes	2
	31-60 minutes	1
	after 60 minutes	0
2) Do you find it difficult to refrain from smoking in places where it is forbidden such as church, the library or movie theaters?	Yes	1
	No	0
3) Which cigarette would you hate most to give up?	The first one in the morning	1
	All others	0
4) How many cigarettes do you smoke? (20 cigarettes per pack)	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 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

SCORING

- 0-2 points: Very Low Addiction
- 3-4 points: Low Addiction
- 5 points: Medium Addiction
- 6-7 points: High Addiction
- 8-10 points: Very High Addiction

Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire. *Br J Addict.* 1991 Sep; 86(9):1119-27.