

Fagerstrom Test for Nicotine Dependence *

Is smoking “just a habit” or are you addicted? Take this test and find out your level of dependence on nicotine.

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

- ◆ After 60 minutes (0)
- ◆ 31-60 minutes (1)
- ◆ 6-30 minutes (2)
- ◆ Within 5 minutes (3)

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

- ◆ No (0)
- ◆ Yes (1)

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

- ◆ The first in the morning (1)
- ◆ Any other (0)

4. How many cigarettes per 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 awakening than during the rest of the day?

- ◆ No (0)
- ◆ Yes (1)

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

- ◆ No (0)
- ◆ Yes (1)

* Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire. British Journal of Addictions 1991;86:1119-27

Fagerstrom Test for Nicotine Dependence (cont.)

Your score was: _____

Your level of dependence on nicotine is:

0-2 Very low dependence	6-7 High dependence
3-4 Low dependence	8-10 Very high dependence
5 Medium dependence	

Scores under 5: "Your level of nicotine dependence is still low. You should act now before your level of dependence increases."

Score of 5: "Your level of nicotine dependence is moderate. If you don't quit soon, your level of dependence on nicotine will increase until you may be seriously addicted. Act now to end your dependence on nicotine."

Score over 7: "Your level of dependence is high. You aren't in control of your smoking – it is in control of you! When you make the decision to quit, you may want to talk with your doctor about nicotine replacement therapy or other medications to help you break your addiction."