

SMOKING CESSATION
THE FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE

Name _____ D.O.B. _____ Date _____

Please circle the number of points applicable to your answer and total your points at the end of the questionnaire.

QUESTIONS	ANSWERS	POINTS
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	Yes	1
	No	0
3. Which cigarette would you hate most to give up	The 1 st in the morning	1
	All others	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	Yes	1
	No	0
6. Do you smoke even if you are so ill that you are in bed most of the day	Yes	1
	No	0

DEPENDENCE SCORES

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

Your score was: _____ Your level of dependence on nicotine is _____