

Fagerström Test for Nicotine Dependence

Agency Name: _____

Site Name: _____

ID #: _____

Date: ___ / ___ / _____

Please read each question below. For each question check the answer choice which best describes your responses.

1. How soon after you wake up do you smoke your first cigarette?
Within 5 minutes 3
Within 6 - 30 minutes 2
Within 31 - 60 minutes 1
After 60 minutes 0

2. Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library, at the movies, etc.?
No 0
Yes 1

3. Which cigarette would you hate most to give up?
The first one in the morning 1
All others 2

4. How many cigarettes per day do you smoke?
10 or less 1
11 - 20 2
21 - 30 3
31 or more 4

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
No 0
Yes 1

6. Do you smoke if you are so ill that you are in bed most of the day?
No 0
Yes 1