



FAGERSTROM TEST FOR NICOTINE DEPENDENCE

- How soon after you wake in the morning do you smoke your first cigarette?

Within 5 minutes	_____	(3 points)
6-30 minutes	_____	(2 points)
31-60 minutes	_____	(1 point)
After 60 minutes	_____	(0 points)

- Do you find it difficult not to smoke where smoking is forbidden? (Such as church, hospitals, public transportation, library, cinema, etc)

Yes	_____	(1 point)
No	_____	(0 points)

- Which of all the cigarettes you smoke during the day is the most satisfying?

First one in the morning	_____	(1 point)
All others	_____	(0 points)

- It is generally thought that the more cigarettes one smokes, the greater the addiction. How many cigarettes a day do you smoke?

10 or less	_____	(0 points)
11-20	_____	(1 point)
21-30	_____	(2 points)
31 or more	_____	(3 points)

- Do you smoke more in the morning than the rest of the day?

Yes	_____	(1 point)
No	_____	(0 points)

- Do you smoke when you are sick enough to have to stay in bed?

Yes	_____	(1 point)
No	_____	(0 points)

TOTAL POINTS _____

If your score is 5 or less, your level of dependence on cigarettes is not very strong. The closer your score is to the total score of 10, the greater the likelihood you are addicted to nicotine.