

Appendix J: Fagerstrom Test for Nicotine Dependence (Revised Version)

The following test is designed to help you determine the strength of your nicotine addiction. Circle the appropriate score for each question. Total the number of points to arrive at your score. The highest possible score is 10.

How soon after you wake up do you smoke your first cigarette?	Within 5 min.....3 points 5-30 min.....2 points 31-60 min.....1 point after 60 min.....0 points
Do you find it hard not to smoke in places that you shouldn't smoke such as in church, in school, in a movie, on the bus, in court or in a hospital?	Yes.....1 point No0 points
Which cigarette would you hate most to have to give up?	The first one in the morning1 point Any other one.....0 points
How many cigarettes do you smoke each day?	10-fewer.....0 points 11-20.....1 point 21-30.....2 points 31 or more.....3 points
Do you smoke more in the first few hours after waking than you do during the rest of the day?	Yes.....1 point No0 points
Do you still smoke, even if you are so sick that you are in bed most of the day, or if you have the flu or a severe cough?	Yes.....1 point No0 points
Total__points

Interpretation of Scoring

- 7 to 10: You are highly dependent on nicotine and may benefit from a smoking cessation program based on treatment for nicotine addiction. Start with 21 mg patch or 4 mg gum.
- 4 to 6: You have a low to moderate dependence on nicotine, however this does not rule out a smoking cessation program based on treatment for nicotine addiction. Start with 14 mg patch or 2 mg gum.
- < 4: You have a low to moderate addiction, but are not likely to need Nicotine Replacement Therapy.

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