

Fagerström Test for Nicotine Dependence

Question	Answer	Point Value	Your Points
How soon after you wake up do you smoke/use your first cigarette/chew?	Less than 5 min.	3	
	6–30 min.	2	
	31–60 min.	1	
	After 1 hour	0	
Do you smoke/chew more frequently in the hours after waking than during the rest of the day?	Yes	1	
	No	0	
Do you find it difficult not to smoke/chew?	Yes	1	
	No	0	
Which cigarette/chew would be the hardest to give up?	First in the morning	1	
	Any other	0	
How many cigarettes do you smoke in a day?	10 or less	0	
	11–20	1	
	21–30	2	
	31 or more	3	
Do you smoke when you're so sick that you're home in bed?	Yes	1	
	No	0	

Nicotine Dependence Score (Points):

Your Score _____

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

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