

# Fagerström Test for Nicotine Dependence

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Please answer the following questions honestly based on your smoking habits.

## 1. How soon after waking up do you smoke your first cigarette?

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

## 2. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, cinema)?

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

## 3. Which cigarette would you hate most to give up?

- The first one in the morning (1 point)
- Any other (0 points)

## 4. How many cigarettes per day do you smoke on average?

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

## 5. Do you smoke more frequently during the first hours after waking than during the rest of the day?

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

**6. Do you smoke even if you are so ill that you are in bed most of the day?**

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

**Scoring**

- 0 to 2 points: Very low dependence
- 3 to 4 points: Low dependence
- 5 points: Moderate dependence
- 6 to 7 points: High dependence
- 8 to 10 points: Very high dependence

Please review the results with the patient and discuss potential implications for their smoking behavior and health. Follow up with appropriate interventions or referrals as needed.

**Notes:**

<b>Total Points:</b>	
<b>Nicotine Dependence:</b>	

**Additional Notes:**