



Let's talk about smoking

The Fagerström test for cigarette dependence

The Fagerström test is a questionnaire that can be used to see if you are addicted to the nicotine in cigarettes. Answer the following questions honestly, then add up the score associated with each answer (the scores are given in brackets)

Question	Score
How soon after you wake up do you have your first cigarette? A. Within 5 minutes (3) B. 6-30 minutes (2) C. 31-60 minutes (1) D. After 60 minutes (0)	
Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, the library, the cinema, etc? A. Yes (1) B. No (0)	
Which cigarette would you hate most to give up? A. The first one in the morning (1) B. All others (0)	
How many cigarettes do you smoke per day? A. 10 or fewer (0) B. 11-20 (1) C. 21-30 (2) D. 31 or more (3)	
Do you smoke more often during the first hours after waking than during the rest of the day? A. Yes (1) B. No (0)	
Do you smoke even if you are so ill that you are in bed most of the day? A. Yes (1) B. No (0)	
Overall Score:	

Overall scores:

7 to 10 points = highly dependent on nicotine

4 to 6 points = moderately dependent on nicotine

less than 4 points = less dependent.

The higher your score, the more likely you are to have withdrawal symptoms if you give up smoking and the withdrawal symptoms are likely to be stronger. **A high score should not be seen as a reason not to make a quit attempt!** This information will be useful to identify the type of stop-smoking product (patches, gum etc) that might be best for you, helping you cope better with withdrawal symptoms and give you the best chance of making a successful quit attempt.

Source: <http://www.patient.co.uk/showdoc/27001053/> [accessed 11 September 2017]

Reference: Heatherton, TF. et al. The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *British Journal of Addiction* 86(9): pp.1119-1127, 1991