

## Fagerström test

The Fagerström test is a questionnaire that can be used to see whether you are addicted to the nicotine in cigarettes.

## Nicotine Dependence Test

Score each of the following questions (the scores are given in brackets).

### 1. 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)

### 2. Do you find it difficult to refrain from smoking in places where it is forbidden - eg, in church, the library, the cinema, etc?

- A. Yes (1)
- B. No (0)

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

- A. The first one in the morning (1)
- B. All others (0)

### 4. 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)

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

- A. Yes (1)
- B. No (0)

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

- A. Yes (1)
- B. No (0)

### Now add up your score

7 to 10 points = highly dependent on nicotine.

4 to 6 points = moderately dependent on nicotine.

Fewer than 4 points = less dependent.

The higher your score, the more likely you are to have withdrawal symptoms if you give up smoking; also, the withdrawal symptoms are likely to be stronger.

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