

Fagerström Test
Items and scoring for Fagerström Test

Questions	Answers	Points
1. How soon after you wake up do you smoke your first cigarette?	5 minutes	3
	6-30 minutes	2
	31-60 minutes	1
	After 60 minutes	0
2. Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library, in cinema, etc.?	Yes	1
	No	0
3. Which cigarette would you hate most to give up?	The first one in the morning	1
	All others	0
4. How many cigarettes/day do you smoke?	10 or less	0
	11 – 20	1
	21 – 30	2
	31 or more	3
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?	Yes	1
	No	0
6. Do you smoke if you are so ill that you are in bed most of the day?	Yes	1
	No	0

Proposed Scoring Cut-Offs	0 – 2	Very Low
	3 – 4	Low
	5	Medium
	6 – 7	High (Heavy)
	8 – 10	Very High

Source: Adapted from Fagerstrom KO, Heatherton TF, Kozlowski LT (1992). Nicotine addiction and its assessment. *Ear Nose Throat J*, 69 (11), 763-767. Reprinted with permission.