



### **Modified Fragerstrom Test for Nicotine Dependence**

1. How soon after waking up do you smoke your first cigarette?
  - a. Within 5 minutes
  - b. 6-30 minutes
  - c. 31-60 minutes
  
2. Do you find it difficult to not smoking in places where it is forbidden?  
(Example: while at school, work, in the shopping mall).
  - a. Yes
  - b. No
  
3. Which cigarette would you hate to give up the most?
  - a. The first one in the morning
  - b. Any other
  
4. How many cigarettes a day do you smoke?
  - a. 10 or less
  - b. 11-20
  - c. 21-30
  - d. 31 or more
  
5. Do you smoke more frequently in the morning than the rest of the day?
  - a. Yes
  - b. No
  
6. Do you smoke even if you are sick in bed for most of the day?
  - a. Yes
  - b. No

Scoring:

1. —
  - a. 3 points
  - b. 2 points
  - c. 1 point
2. —
  - a. 1 point
  - b. 0 points
3. —
  - a. 1 point
  - b. 0 points
4. —
  - a. 0 points
  - b. 1 point
  - c. 2 points
  - d. 3 points
5. —
  - a. 1 point
  - b. 0 points
6. —
  - a. 1 point
  - b. 0 points

Total score: 1-2 = very low dependence

3-4 = low dependence

5 = medium dependence

6-7 = high dependence

8+ = very high dependence

Adapted from:

Heatherton, T., Kozlowski, L., Frecker, R. *et al.* (1991). The Fagerstrom test for nicotine dependence: a revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addiction*, 86: 1119-1127.