Fagerström Test for Cigarette Dependence

The Fagerström Test for Cigarette Dependence is designed to help you and your healthcare provider have a discussion about your need to smoke.

Please read each question below. For each question, check (√) the box that best describes your response.

1. How soon after you wake up do you smoke your first cigarette?
   - After 60 minutes □ 0
   - 31 – 60 minutes □ 1
   - 6 – 30 minutes □ 2
   - Within 5 minutes □ 3

2. Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library, at the movies, etc.?
   - Yes □ 1
   - No □ 0

3. Which cigarette would you hate most to give up?
   - The first one in the morning □ 1
   - Any other □ 0

4. How many cigarettes per 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 awakening than during the rest of the day?
   - Yes □ 1
   - No □ 0

6. Do you smoke even when you are so ill that you are in bed most of the day?
   - Yes □ 1
   - No □ 0

To find out your score, add up the numbers for each response. See the table below to determine your level of cigarette dependence.

<table>
<thead>
<tr>
<th>Score</th>
<th>Level of cigarette dependence</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2</td>
<td>Very low</td>
</tr>
<tr>
<td>3-4</td>
<td>Low</td>
</tr>
<tr>
<td>5</td>
<td>Medium</td>
</tr>
<tr>
<td>6-7</td>
<td>High</td>
</tr>
<tr>
<td>8-10</td>
<td>Very high</td>
</tr>
</tbody>
</table>

Talk to your healthcare provider about your score. Ask about quitting.