

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.

Score	Level of cigarette dependence
0-2	Very low
3-4	Low
5	Medium
6-7	High
8-10	Very high

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

