

Name: _____

Date: _____

Fagerstrom Test for Nicotine Dependence (FTND)

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

Scoring the Fagerstrom Test for Nicotine Dependence (FTND)

In scoring the Fagerstrom Test for Nicotine Dependence, the three yes/no items are scored 0 (no) and 1 (yes). The three multiple-choice items are scored from 0 to 3. The items are summed to yield a total score of 0-10.

Classification of dependence:

0-2	Very low
3-4	Low
5	Moderate
6-7	High
8-10	Very high

Citation: Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom K. The Fagerstrom Test for Nicotine Dependence: a revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addiction* 1991;86:1119-1127.