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Smoking - How Addicted Are You?

The Fagerström test is a questionnaire that can be used to see whether you are addicted to the nicotine in cigarettes.

The Fagerström Test for Nicotine Dependence

Score each of the following questions (the scores are given in brackets).

1. How soon after you wake up do you have your first cigarette?

- A. Within 5 minutes (3)
- B. 6-30 minutes (2)
- C. 31-60 minutes (1)
- D. After 60 minutes (0)

2. Do you find it difficult to refrain from smoking in places where it is forbidden - eg, in church, the library, the cinema, etc?

- A. Yes (1)
- B. No (0)

3. Which cigarette would you hate most to give up?

- A. The first one in the morning (1)
- B. All others (0)

4. How many cigarettes do you smoke per day?

- A. 10 or fewer (0)
- B. 11-20 (1)
- C. 21-30 (2)
- D. 31 or more (3)

5. Do you smoke more often during the first hours after waking than during the rest of the day?

- A. Yes (1)
- B. No (0)

6. Do you smoke even if you are so ill that you are in bed most of the day?

- A. Yes (1)
- B. No (0)

Now add up your score

7 to 10 points = highly dependent on nicotine.
4 to 6 points = moderately dependent on nicotine.
Fewer than 4 points = less dependent.

The higher your score, the more likely you are to have withdrawal symptoms if you give up smoking; also, the withdrawal symptoms are likely to be stronger.

Further help & information

ASH - Action on Smoking and Health

6th floor, Suites 59-63, New House, 67-68 Hatton Garden, London, EC1N 8JY

Tel: 0207 404 0242

Web: www.ash.org.uk

QUIT

4 Sovereign Close, St Katharine's and Wapping, London, E1W 3HW

Tel: 0207 553 2100

Web: www.quit.org.uk

Smokefree - NHS Choices

Web: www.smokefree.nhs.uk

Further reading & references

- [Rustin TA](#); Assessing nicotine dependence. *Am Fam Physician*. 2000 Aug 1;62(3):579-84, 591-2.
- [Smoking cessation](#); NICE CKS, October 2012 (UK access only)
- [Tobacco: harm-reduction approaches to smoking](#); NICE Public Health Guidance, June 2013

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