

The Fagerstrom Tolerance Test

Questions	Answers	Points
1. How soon after you wake do you smoke your first cigarette?	Within 5 minutes	3
	6 to 30 minutes	2
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)?	Yes	1
	No	0
3. Which cigarette would you most hate to give up?	The first one in the morning	1
	All others	0
4. How many cigarettes per day do you smoke?	10 or less	0
	11 to 20	1
	21 to 30	2
	31 or more	3
5. Do you smoke more frequently during the first hours after waking than during the rest of the day?	Yes	1
	No	0

Scoring:	5 - medium dependence
0 to 2 - very low dependence	6 to 7 - high dependence
3 to 4 - low dependence	8 to 10 - very high dependence

The Fagerstrom Tolerance Test for Nicotine Dependency allows physicians to classify smokers according to level of nicotine dependency and to identify those most likely to need nicotine replacement therapy (usually indicated by a score of 6 or above). The two most important questions are numbers 1 and 4 (Adapted from Fagerstrom KO, Heatherton TF, Kozlowski LT/ Nicotine addiction and its assessment. *Ear Nose Throat J.* 1991; 69:763-765.)