



FAGERSTRÖM TEST FOR NICOTINE DEPENDENCE (ADULTS)

- 1. How soon after you wake up do you smoke your first cigarette? Score**
- Within 5 minutes 3
- 6–30 minutes 2
- 31–60 minutes 1
- After 60 minutes..... 0
- 2. Do you find it difficult to refrain from smoking in the places where it is forbidden (e.g., in church, at the library, in cinema)?**
- 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/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 waking than during the rest of the day?**
- Yes..... 1
- No 0
- 6. Do you smoke if you are so ill that you are in bed most of the day?**
- Yes..... 1
- No 0

Total Score:

Heatherton TF, Kozlowski LT, Frecker RC, Fagerström K-O. The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *Br J Addict* 1991;86:1119–1127.



MODIFIED FAGERSTRÖM TOLERANCE QUESTIONNAIRE (ADOLESCENTS)

- 1. How many cigarettes a day do you smoke? Score**
- Over 26 cigarettes a day 2
- About 16–25 cigarettes a day 1
- About 1–15 cigarettes a day 0
- Less than 1 a day 0
- 2. Do you inhale?**
- Always 2
- Quite often 1
- Seldom 1
- Never 0
- 3. How soon after you wake up do you smoke your first cigarette?**
- Within the first 30 minutes 1
- More than 30 minutes after waking but before noon 0
- In the afternoon 0
- In the evening 0
- 4. Which cigarette would you hate to give up?**
- First cigarette in the morning 1
- Any other cigarette before noon 0
- Any other cigarette afternoon 0
- Any other cigarette in the evening 0
- 5. Do you find it difficult to refrain from smoking in places where it is forbidden (e.g., church, library, movies)?**
- Yes, very difficult 1
- Yes, somewhat difficult 1
- No, not usually difficult 0
- No, not at all difficult 0
- 6. Do you smoke if you are so ill that you are in bed most of the day?**
- Yes, always 1
- Yes, quite often 1
- No, not usually 0
- No, never 0
- 7. Do you smoke more during the first 2 hours than during the rest of the day?**
- Yes 1
- No 0

Total Score:

Prokhorov AV, Pallonen UE, Fava JL, Ding L, Niaura R. Measuring nicotine dependence among high-risk adolescent smokers. *Addict Behav* 1996;21(1):117–127.

Prokhorov AV, Koehly LM, Pallonen UE, Hudmon KS. Adolescent nicotine dependence measuring by the modified Fagerström Tolerance Questionnaire at two time points. *J Child Adolesc Subst Abuse* 1998;7(4):35–47.



SMOKELESS TOBACCO DEPENDENCE SCALE

- 1. How many tins or pouches of smokeless tobacco do you typically use each week?** Score
- 1 or less each week 0
- 2–4 each week 1
- 5 or more each week 2
- 2. How often do you use smokeless tobacco?**
- 1 day each week or less 0
- 2–5 days each week 1
- 6–7 days each week 2
- 3. Do you intentionally swallow tobacco juices?**
- No 0
- Yes 1
- 4. Do you use smokeless tobacco when you are sick or have mouth sores?**
- No 0
- Yes 1
- 5. How soon after waking from your normal sleeping period do you use chewing tobacco or snuff?**
- After 30 minutes of waking 0
- Within 30 minutes of waking 1
- 6. Do you smoke cigarettes?**
- No 0
- Yes 1
- 7. Is it difficult for you not to use smokeless tobacco where its use is restricted or not allowed?**
- No 0
- Yes 1

Total Score: