

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

Total score: _____

0-2 points = very low dependence

3-4 points = low dependence

5 points = medium dependence

6-7 points = high dependence

8-10 points = very high dependence

Source: Heatherton, T.F., Kozlowski, L.T., & Fagerström, K.O. (1991). The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *British Journal of Addiction*, 86; 1119-1127.