

The Fagerström Test for Nicotine Dependence (FTND)

Heatherton, T. F., Kozlowski, L. T., Frecker, R. C., Fagerström, K. O. (1991). The Fagerström Test of Nicotine Dependence: A Revision of the Fagerström Tolerance Questionnaire. *British Journal of addiction*, 86, 1119-1127.

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, e.g., 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) 0-10 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

Less than 4 points = less dependent

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