

Fagerstrom Test for Nicotine Dependence

PLEASE TICK (✓) ONE BOX FOR EACH QUESTION		
How soon after waking do you smoke your first cigarette?	Within 5 minutes	<input type="checkbox"/> 3
	5-30 minutes	<input type="checkbox"/> 2
	31-60 minutes	<input type="checkbox"/> 1
Do you find it difficult to refrain from smoking in places where it is forbidden? e.g. Church, Library, etc.	Yes	<input type="checkbox"/> 1
	No	<input type="checkbox"/> 0
Which cigarette would you hate to give up?	The first in the morning	<input type="checkbox"/> 1
	Any other	<input type="checkbox"/> 0
How many cigarettes a day do you smoke?	10 or less	<input type="checkbox"/> 0
	11 – 20	<input type="checkbox"/> 1
	21 – 30	<input type="checkbox"/> 2
	31 or more	<input type="checkbox"/> 3
Do you smoke more frequently in the morning?	Yes	<input type="checkbox"/> 1
	No	<input type="checkbox"/> 0
Do you smoke even if you are sick in bed most of the day?	Yes	<input type="checkbox"/> 1
	No	<input type="checkbox"/> 0
Total Score		
SCORE	1- 2 = low dependence	5 - 7= moderate dependence
	3-4 = low to mod dependence	8 + = high dependence

Add up the scores from the questionnaire.

Information about scoring the Test is on the next page.

Scoring the Fagerstrom Test for Nicotine Dependence

To remind you of information (covered in Module 1) about scoring the Test:

Score of 1 - 2

A patient who scores between 1 and 2 on the Fagerstrom Test for Nicotine Dependence is classified as having a low dependence on nicotine. This suggests that they may not need Nicotine Replacement Therapy (NRT), although it is recommended that they still be monitored for withdrawal symptoms.

Score of 3-4

A patient who scores 3 or 4 would be considered to have a low to moderate dependence on nicotine and could be offered patches, inhaler, lozenges or gum. Please check NRT recommendations chart (insert link).

Score of 5-7

A patient who scores 4 would be considered to be moderately dependent on nicotine and can be offered patches, inhaler, lozenge or gum. They can also be offered the combined therapy of patches with lozenge and gum. Please check NRT recommendations chart (insert link).

Score of 8 and over

A patient who scores 5 and over would be considered highly dependent on nicotine and can be offered patches, inhaler, lozenges and/or gum. They can also be offered the combined therapy of patches and lozenges or gum. Please check the NRT recommendations chart (see the chart on the next page).

NRT recommendations chart

Dependence level	Nicotine Replacement Therapy Dosage	Combination Therapy
High	Patches: 21mg/24hr or 15mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 4mg Gum: 4mg	Patches: 21mg/24hr or 15mg/16hr AND Lozenge or Gum: 2mg
Moderate	Patches: 21mg/24hr or 15mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 4mg Gum: 4mg	Patches: 21mg/24hr or 15mg/16 hr AND Lozenge or Gum: 2mg
Low to moderate	Patches: 14mg/24hr patch or 10mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 2mg Gum: 2mg	Patches: 14mg/24hr or 15mg/16hr AND Lozenge or Gum: 2mg
Low	May not need NRT Monitor for withdrawal symptoms Patches: 7mg/24hr patch or 5mg/16hr Lozenge: 2mg Gum: 2mg	

Nicotine Replacement Therapy recommendations (from Clinical Guidelines – Part 7).