



QUIT

QUIT USING
AND INHALING
TOBACCO

Fagerstrom Tolerance Scale

Name

Date

Write the number of the answer that is most applicable in the box to the right of the question.

1. How soon after you wake do you smoke your first cigarette?

After 60 minutes = 0 31-60 minutes = 1 6-30 minutes = 2 within 5 minutes = 3

2. Do you find it difficult to refrain from smoking in places where it is forbidden, such as the library, theatre or doctors' office?

No = 0 Yes = 1

3. Which cigarette would you hate most 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 11-20 = 1 21-30 = 2 31 or more = 3

5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?

No = 0 Yes = 1

6. Do you smoke even if you are so ill that you are in bed most of the day?

No = 0 Yes = 1

SCORING INSTRUCTIONS: Add up your responses to all the items.

TOTAL SCORE

Dependence Scores: 0-2 Very low 3-4 Low 5 Medium 6-7 High 8-10 Very High

Reference

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

Heart and Stroke Foundation. The Fagerstrom Test for Nicotine Dependence. Available at http://ww2.heartandstroke.ca/DownloadDocs/PDF/Fagerstrom_Test.pdf. Accessed August 21, 2007

