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 5-30 minutes 31-60 minutes	☐ 3 ☐ 2 ☐ 1
Do you find it difficult to refrain from smoking in places where it is forbidden? e.g. Church, Library, etc.	Yes No	☐ 1 ☐ 0
Which cigarette would you hate to give up?	The first in the morning Any other	☐ 1 ☐ 0
How many cigarettes a day do you smoke?	10 or less 11 – 20 21 – 30 31 or more	☐ 0 ☐ 1 ☐ 2 ☐ 3
Do you smoke more frequently in the morning?	Yes No	☐ 1 ☐ 0
Do you smoke even if you are sick in bed most of the day?	Yes No	☐ 1 ☐ 0
	Total Score	
SCORE	1- 2 = low dependence 3-4 = low to mod dependence	5 - 7= moderate 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).