

Appendix 12: Fagerström Nicotine Dependence Scale

Question	Answer	Score
1. How soon after waking up do you smoke your first cigarette?	Within 5 minutes	3
	6–30 minutes	2
	31–60 minutes	1
2. Do you find it difficult to abstain from smoking in places where it is forbidden?	Yes	1
	No	0
3. Which cigarette would you hate to give up?	The first one in the morning	1
	Any other	0
4. How many cigarettes a day do you smoke?	10 or less	0
	11–20	1
	21–30	2
	31 or more	3
5. Do you smoke more frequently in the morning than in the rest of the day	Yes	1
	No	0
6. Do you smoke even though you are sick in bed for most of the day?	Yes	1
	No	0
	Total	
Score	very low dependence	0–2
	low dependence	3–4
	medium dependence	5
	high dependence	6–7
	very high dependence	8+

Source: Fagerstrom KO, Heatherton TF, Kozlowski LT. (1990) Nicotine addiction and its assessment. *Ear, Nose and Throat Journal*, 89(11), p.763–765.