

How strong is your physical addiction to nicotine? Take this test and find out.

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

- Within 5 minutes (3 pts)
- Between 6 minutes and 30 minutes (2 pts)
- Between 31 minutes and 60 minutes (1 pt)
- After 60 minutes (0 pts)

2. Do you find it difficult not to smoke in places where it is not allowed, such as in a waiting room or in a movie theatre?

- Yes (1 pt)
- No (0 pts)

3. Which cigarette would you hate to give up most?

- Your first cigarette after you wake up (1 pt)
- Any other cigarette during the day (0 pts)

4. How many cigarettes per day do you smoke?

- 10 or fewer cigarettes (1 pt)
- 11 to 20 cigarettes (2 pts)
- 21 to 30 cigarettes (3 pts)
- 31 or more cigarettes (4 pts)

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

- Yes (1 pt)
- No (0 pts)

6. If you are so sick that you have to stay in bed most of the day, do you still smoke?

- Yes (1 pt)
- No (0 pts)

Add up the points from each answer.



0-2 points = very low
3-4 points = low
5 points = moderate
6-7 points = high
8-10 points = very high

About this tool

The Fagerström Test for Nicotine Dependence is often used by healthcare providers to measure the intensity of a person's physical addiction to nicotine. Your score can help your provider determine the best way to help you quit smoking.