

Fagerström Test For Nicotine Dependence (FTND)

1. How soon after you wake up do you smoke your first cigarette?
 - a. Within 5 minutes 3 points
 - b. 6 – 30 minutes 2 points
 - c. 31 – 60 minutes 1 point
 - d. After 60 minutes 0 points

2. Do you find it difficult to refrain from smoking in places where it is forbidden, e.g., in church, at the library, in the cinema, etc.?
 - a. Yes 1 point
 - b. No 0 points

3. Which cigarette would you hate most to give up?
 - a. The first one in 1 point
 the morning.
 - b. Any other 0 points

4. How many cigarettes/day do you smoke?
 - a. 10 or less 0 points
 - b. 11 – 20 1 point
 - c. 21 – 30 2 points
 - d. 31 or more 3 points

5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?
 - a. Yes 1 point
 - b. No 0 points

6. Do you smoke if you are so ill that you are in bed most of the day?
 - a. Yes 1 point
 - b. No 0 points

The FTND has been correlated with biochemical measures of nicotine dependence including exhaled air carbon monoxide, salivary cotinine, and salivary nicotine.

The FTND has also been found to reliably predict smoking cessation.

Possible range is 0 – 10: Scores of 4 or greater indicating nicotine dependence

Scores of 6 or greater indicating severe nicotine dependence