

The Fagerstrom Test for Nicotine Dependence (FTND)

Use the following test to score a patient's level of nicotine dependence once they have been identified as a current or recent smoker.

Please Tick (✓) One Box for Each Question		
*How soon after waking do you smoke your first cigarette?	Within 5 Minutes <input type="checkbox"/> 3 6-30 minutes <input type="checkbox"/> 2 31-60 minutes <input type="checkbox"/> 1 60+ minutes <input type="checkbox"/> 0	
Do you find it difficult to keep from smoking in places where it's forbidden (e.g. in church, at the library, in the cinema)?	Yes <input type="checkbox"/> 1 No <input type="checkbox"/> 0	
Which cigarette would you hate to give up?	The first one in the morning <input type="checkbox"/> 1 Any other <input type="checkbox"/> 0	
*How many cigarettes a day do you smoke?	10 or less <input type="checkbox"/> 0 11 to 20 <input type="checkbox"/> 1 21 to 30 <input type="checkbox"/> 2 31 or more <input type="checkbox"/> 3	
Do you smoke more during the first hours after waking than during the rest of the day?	Yes <input type="checkbox"/> 1 No <input type="checkbox"/> 0	
Do you smoke if you are so ill that you are in bed most of the day?	Yes <input type="checkbox"/> 1 No <input type="checkbox"/> 0	
Total Score		
Score	0-2 = Very Low Dependence 3-4 = Low Dependence 5 = Moderate Dependence	6-7 = High Dependence 8+ = Very High Dependence

*A modified version of the FTND is commonly used using these questions.

The higher the Fagerstrom score, the more intense is the patient's physical dependence on nicotine. Higher scores indicate that treatment of withdrawal symptoms, usually with nicotine replacement therapy, will be an important factor in the patient's plan of care.

