

Nicotine Dependence Questionnaire (Modified Fagerstrom Tolerance Questionnaire)



Please check one answer for each question.

1. How many cigarettes a day do you usually smoke?

- | | |
|-------------------------------------|----------|
| <input type="checkbox"/> 1 - 10 | 0 points |
| <input type="checkbox"/> 11 - 20 | 1 points |
| <input type="checkbox"/> 21 - 30 | 2 points |
| <input type="checkbox"/> 31 or more | 3 points |

2. What type do you smoke? 0 points

- | | |
|---|----------|
| <input type="checkbox"/> Low nicotine (0.9 mg or less) | 1 point |
| <input type="checkbox"/> Medium nicotine (1.0 - 1.2 mg) | 2 points |
| <input type="checkbox"/> High nicotine (1.3 mg or more) | 3 points |

3. How often do you inhale the smoke from your cigarette?

- | | |
|------------------------------------|----------|
| <input type="checkbox"/> Never | 0 points |
| <input type="checkbox"/> Sometimes | 1 points |
| <input type="checkbox"/> Always | 2 points |

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

- | | |
|---|----------|
| <input type="checkbox"/> Within less than 5 minutes | 3 points |
| <input type="checkbox"/> Within 6-30 minutes | 2 points |
| <input type="checkbox"/> Within 31-60 minutes | 1 points |

5. Do you smoke more during the first two hours of the day than during the rest of the day?

- | | |
|------------------------------|----------|
| <input type="checkbox"/> No | 0 points |
| <input type="checkbox"/> Yes | 1 points |

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

- | | |
|---|----------|
| <input type="checkbox"/> The first cigarette in the morning | 1 point |
| <input type="checkbox"/> Any cigarette other than the first one | 0 points |

7. Do you find it difficult to refrain from smoking in places where it is forbidden, such as public buildings, on airplanes or at work?

- | | |
|------------------------------|----------|
| <input type="checkbox"/> No | 0 points |
| <input type="checkbox"/> Yes | 1 point |

8. Do you still smoke even when you are so ill that you are in bed most of the day?

No

0 points

Yes

1 point



Scoring/ Interpretation

7+ points = High Nicotine Dependence

6 and Below = Low to Moderate Nicotine Dependence