

Fagerstrom Test for Nicotine Dependence

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?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Within 5 minutes</td> <td style="width: 5%; text-align: center;"><input type="checkbox"/></td> <td style="width: 25%; text-align: right;">3</td> </tr> <tr> <td>5-30 minutes</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: right;">2</td> </tr> <tr> <td>31-60 minutes</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: right;">1</td> </tr> <tr> <td>60+ minutes</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: right;">0</td> </tr> </table>	Within 5 minutes	<input type="checkbox"/>	3	5-30 minutes	<input type="checkbox"/>	2	31-60 minutes	<input type="checkbox"/>	1	60+ minutes	<input type="checkbox"/>	0
Within 5 minutes	<input type="checkbox"/>	3											
5-30 minutes	<input type="checkbox"/>	2											
31-60 minutes	<input type="checkbox"/>	1											
60+ minutes	<input type="checkbox"/>	0											
How many cigarettes a day do you smoke?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">10 or less</td> <td style="width: 5%; text-align: center;"><input type="checkbox"/></td> <td style="width: 25%; text-align: right;">0</td> </tr> <tr> <td>11 – 20</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: right;">1</td> </tr> <tr> <td>21 – 30</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: right;">2</td> </tr> <tr> <td>31 or more</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: right;">3</td> </tr> </table>	10 or less	<input type="checkbox"/>	0	11 – 20	<input type="checkbox"/>	1	21 – 30	<input type="checkbox"/>	2	31 or more	<input type="checkbox"/>	3
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Total Score													
SCORE	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">1- 2 = very low dependence</td> <td style="width: 50%;">4 = moderate dependence</td> </tr> <tr> <td>3 = low to mod dependence</td> <td>5 + = high dependence</td> </tr> </table>	1- 2 = very low dependence	4 = moderate dependence	3 = low to mod dependence	5 + = high dependence								
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Offer appropriate level of NRT according to their level of dependence

- Remember to consider contraindications and precautions – refer to medical officer if appropriate.
- Patients previous quit attempts may also provide assistance in which products may be suitable

Dependence level	Combination Therapy	NRT Dosage
High	Patches: 21mg/24hr or 15mg/16hr AND *Lozenge or Gum: 2mg or inhaler	Patches: 21mg/24 or 15mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 4mg Gum: 4mg
Moderate	Patches: 21mg/24hr or 15mg/16 hr AND *Lozenge or Gum: 2mg or inhaler	Patches: 21mg/24 or 15mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 4mg Gum: 4mg
Low to moderate	Patches: 14mg/24hr or 10mg/16hr AND *Lozenge or gum: 2mg or inhaler	Patches: 14mg/24hr patch or 10mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 2mg Gum: 2mg
Low		May not need NRT Monitor for withdrawal symptoms Patches: 7mg/24hr patch or 5mg/16hr Lozenge: 2mg Gum: 2mg

*Maximum of 12 lozenges or gum per 24hrs, when combined with patch. Minimum recommended is 4 per 24hrs if experiencing breakthrough cravings (MIMS Australia Online)