

Fagerstrom Nicotine Tolerance Questionnaire

How Addicted to Nicotine Are You?

Question	A=0	B=1	C=2	Score
1. How soon after you wake up do you smoke your first cigarette?	After 30 Minutes	Within 30 Minutes	-----	
2. Do you find it difficult to refrain from smoking in places where it is forbidden, such as at the library, theater, or doctor's office?	No	Yes	-----	
3. Which of the cigarettes that you smoke, do you find most satisfying?	Any other Than the first on in the morning	The first one in the morning	-----	
4. How many cigarettes a day do you smoke?	1 –15	16 – 25	More than 25	
5. Do you smoke more during the morning than during the rest of the day?	No	Yes	-----	
6. Do you smoke when you are so ill that you are in bed most of the day?	No	Yes	-----	
7. Does the brand you smoke have a low, medium, or high nicotine content?	Low 0.4 mg	Medium 0.5-0.9 mg	High 1.0 mg or more	
8. How often do you inhale the smoke from your cigarette?	Never	Sometimes	Always	

If you scored 4 points or more, you may be addicted to nicotine.

Total_____