Fagerström Test for Nicotine Dependence (FTND)

**Please tick (✔) one box for each question**

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| --- | --- | --- |
| Q1. How soon after waking do you smoke your first cigarette? | Within 5 minutes  6-30 minutes  31-60 minutes  After 60 minutes | ⬜ 3  ⬜ 2  ⬜ 1  ⬜ 0 |
| Q2. Do you find it difficult to refrain from smoking in places where it is forbidden? e.g., church, library, etc. | Yes  No | ⬜ 1  ⬜ 0 |
| Q3. Which cigarette would you hate most to give up? | First in the morning  Any other | ⬜ 1  ⬜ 0 |
| Q4. How many cigarettes a day do you smoke? | 10 or less  11-20  21-30  31 or more | ⬜ 0  ⬜ 1  ⬜ 2  ⬜ 3 |
| Q5. Do you smoke more frequently in the morning? | Yes  No | ⬜ 1  ⬜ 0 |
| Q6. Do you smoke even if you are sick in bed most of the day? | Yes  No | ⬜ 1  ⬜ 0 |
| **Total Score:** | |  | |

**Scoring and interpretation:** The FTND comprises 6 questions. Questions 1 and 4 are scored on four-point scales (i.e., 0,1,2, or 3 points). The remaining questions (i.e., questions: 2, 3, 5 and 6) are each scored ‘0’ or ‘1’ point. A total score is calculated by summing the responses to all six questions. The minimum total score possible is 0, and the maximum possible total score possible is 10 (i.e. total score range: 0-10).

**FTND score interpretation**

|  |  |
| --- | --- |
| **Score** | **Interpretation** |
| 1-2 | Low level of dependence |
| 3-4 | Low to moderate dependence |
| 5-7 | Moderate dependence |
| 8 or more | high dependence |

**Tool citation:** Fagerström, K.O. Measuring degree of physical dependence to tobacco smoking with reference to individualization of treatment*.* *Addictive Behaviors*, 1978. **3**(3-4): 235-241.

**More information:** Fischer, J.A., Roche, A.M., and Duraisingam, V. *Fagerstrom Test for Nicotine Dependence (FTND): description, strengths and knowledge gaps*. 2021, National Centre for Education and Training on Addiction (NCETA), Flinders University: Adelaide, South Australia.