

Fagerström Test for Nicotine Dependence (FTND)

Please tick (✓) one box for each question

Q1. 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
	After 60 minutes	<input type="checkbox"/> 0
Q2. Do you find it difficult to refrain from smoking in places where it is forbidden? e.g., church, library, etc.	Yes	<input type="checkbox"/> 1
	No	<input type="checkbox"/> 0
Q3. Which cigarette would you hate most to give up?	First in the morning	<input type="checkbox"/> 1
	Any other	<input type="checkbox"/> 0
Q4. How many cigarettes a day do you smoke?	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
Q5. Do you smoke more frequently in the morning?	Yes	<input type="checkbox"/> 1
	No	<input type="checkbox"/> 0
Q6. Do you smoke even if you are sick in bed most of the day?	Yes	<input type="checkbox"/> 1
	No	<input type="checkbox"/> 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.