FTND

Fagerström Test for Nicotine Dependence (FTND)

The Fagerström test is used to assess an individual's degree of physical dependence on nicotine. It is often used to identify the intensity of dependence and to adjust therapeutic treatments.

Number of questions	6 questions
Estimated duration	2 minutes
Language	English
Original name	Fagerström Test for Nicotine Dependence
Target audience	Adult smokers
Authors	Karl-Olov Fagerström (2012)

Preview of the 6 questions

How soon after you wake do you smoke your first cigarette?

Within 5 minutes | 6-30 minutes | 31-60 minutes | After 60 minutes

Do you find it difficult to refrain from smoking in places where it is forbidden, e.g. in church, library, or cinema, etc.?

Yes | No

Which cigarette would you hate most to give up?

The first one in the morning | All others

How many cigarettes do you smoke a day?

10 or less | 11-20 | 21-30 | 31 or more

Do you smoke more frequently during the first hours after waking than the rest of the day?

Yes No

Scoring & interpretation

Responses are scored, then the scores are summed to obtain a total nicotine dependence score ranging from 0 to 10. A higher score indicates stronger dependence.