

- Consult the Fagerström test to help identify the client's level of nicotine dependence (perhaps compare past test results vs. current test results)

Fagerström Test for Nicotine Dependence

Question	Answers	Points
1. How soon after you wake up do you smoke your first cigarette?	<input type="radio"/> Within 5 minutes <input type="radio"/> 6 to 30 minutes <input type="radio"/> 31-60 minutes <input type="radio"/> After 60 minutes	3 2 1 0
2. Do you find it difficult to refrain from smoking in places where it is forbidden, e.g.: in church, the library, in the cinema, etc.?	<input type="radio"/> Yes <input type="radio"/> No	1 0
3. Which cigarette would you hate most to give up?	<input type="radio"/> The first one in the morning <input type="radio"/> Any other	1 0
4. How many cigarettes/day do you smoke?	<input type="radio"/> 10 or less <input type="radio"/> 11-20 <input type="radio"/> 21-30 <input type="radio"/> 31 or more	0 1 2 3
5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?	<input type="radio"/> Yes <input type="radio"/> No	1 0
6. Do you smoke if you are so ill that you are in bed most of the day?	<input type="radio"/> Yes <input type="radio"/> No	1 0

Scoring:

- 0-2 Very low addiction
- 3-4 Low addiction
- 5 Medium addiction
- 6-7 High addiction
- 8-10 Very high addiction

Usually, patients who score 6 or greater need additional assistance to quit smoking. This may mean Nicotine Replacement Therapy or one-on-one counseling to problem-solve ways to overcome barriers and cope with withdrawal symptoms.