

Fagerström Tolerance Questionnaire for Adolescents

The following questionnaire, created by Prokhorov et al., (1996), is a modified version of the Fagerström Test for Nicotine Dependence (Heatherton et al., 1991).

1. How many cigarettes a day do you smoke?

- A. Over 26 cigarettes a day (2)
- B. About 16-25 cigarettes a day (1)
- C. About 1-15 cigarettes a day (0)
- D. Less than 1 a day (0)

2. Do you inhale?

- A. Always (2)
- B. Quite often (1)
- C. Seldom (1)
- D. Never (0)

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

- A. Within the first 30 minutes (1)
- B. More than 30 minutes after waking but before noon (0)
- C. In the afternoon (0)
- D. In the evening (0)

4. Which cigarette would you hate to give up?

- A. First cigarette in the morning (1)
- B. Any other cigarette before noon (0)
- C. Any other cigarette in the afternoon (0)
- D. Any other cigarette in the evening (0)

5. Do you find it difficult to refrain from smoking in places where it is forbidden (church, library, movies, etc.)?

- A. Yes, very difficult (1)
- B. Yes, somewhat difficult (1)
- C. No, not usually difficult (0)
- D. No, not at all difficult (0)

6. Do you smoke if you are so ill that you are in bed most of the day?

- A. Yes, always (1)
- B. Yes, quite often (1)
- C. No, not usually (0)
- D. No, never (0)

7. Do you smoke more during the first 2 hours than during the rest of the day?

- A. Yes (1)
- B. No (0)

Scoring

**Calculating the total points determines whether a patient is dependent on nicotine.

0-2 = no dependence
3-5 = moderate dependence
6+ = strong dependence

The higher the score, the more likely the patient is to experience withdrawal symptoms upon cessation and the more likely that symptoms will be severe.

References:

Heatherton TF, Kozlowski LT, Frecker RC, Fagerström KO. The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *Br J Addict.* 1991;86:1119-1127.

Prokhorov AV, Pallonen UE, Fava JL, Lin D. Measuring nicotine dependence among high-risk adolescent smokers. *Addictive Behaviors.* 1996;21(1):117-127.