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:
