



Co-funded by the  
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Parenthood Awareness before  
Conception to Enhance Offspring  
Health – E-learning Addressing  
Lifestyle to Transform Habits



## THE BRIEF TOBACCO INTERVENTION TRAINING PROGRAM

### Fagerstrom Test for Nicotine Dependence

Please tick (✓) one box for each question		
How soon after waking do you smoke your first cigarette?	Within 5 minutes 5-30 minutes 31-60 minutes	<input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1
Do you find it difficult to refrain from smoking in places where it is forbidden? e.g. Church, Library, etc.	Yes No	<input type="checkbox"/> 1 <input type="checkbox"/> 0
Which cigarette would you hate to give up?	The first in the morning Any other	<input type="checkbox"/> 1 <input type="checkbox"/> 0
How many cigarettes a day do you smoke?	10 or less 11-20 21-30 31 or more	<input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
Do you smoke frequently in the morning?	Yes No	<input type="checkbox"/> 1 <input type="checkbox"/> 0
Do you smoke even if you are sick in bed most of the day?	Yes No	<input type="checkbox"/> 1 <input type="checkbox"/> 0
Total score		

SCORE      1- 2 = low dependence                      5-7 = moderate dependence  
                   3-4 = low to mod dependence        8+ = high dependence