

Fagerström Test for Nicotine Dependence (Smokeless Tobacco)

Purpose : The Fagerström Test for Nicotine Dependence - Smokeless Tobacco version helps family physicians document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal in users of smokeless (chewing) tobacco

Admin time : 5-10 min

User Friendly : High

Administered by : GP or nurse

Content : 6 questions that are pertaining to : Quantity of cigarettes consumed, urge to use, and dependence.

Author :

Original Fagerström Test : Fagerström, K.O. Measuring degree of physical dependence to tobacco smoking with reference to individualization of treatment. Addictive Behaviors, 1978. 3(3-4): 235-241.

Revised Fagerström Test : Heatherton, T.F., Kozlowski, L.T., Frecker, R.C., Fagerstrom, K.O. (1991). The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire.

Smokeless Tobacco Fagerström Test : Ebbert JO, Patten CA, Schroeder DR. The Fagerström Test for Nicotine Dependence-Smokeless Tobacco (FTND-ST). Addict Behav. 2006 Sep;31(9):1716-21.

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<https://www.cgakit.com/smoking-in-late-life>

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Name : _____

Date : _____

Assessed by : _____

Directions: Ask your patients these six questions to document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal

Question	Answer	Score
1. How soon after you wake up to do you place your first dip ?	Within 5 minutes	3
	6-30 minutes	2
	31-60 minutes	1
	After 60 minutes	0
2. How often do you intentionally swallow tobacco juice ?	Always	2
	Sometimes	1
	Never	0
3. Which chew would you hate most to give up ?	The first one in the morning	1
	Any other	0
4. How many cans/pouches per week do you smoke ?	More than 3	2
	2 - 3	1
	1	0
5. Do you chew more frequently during the first hours after waking than during the rest of the day ?	Yes	1
	No	0

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Question	Answer	Score
6. Do you chew if you are so ill that you are in bed most of the day?	Yes	1
	No	0

Total Score

Score interpretation :

Score	Interpretation
1 - 2	Low level of dependence
3 - 4	Low to moderate dependence
5 - 7	Moderate dependence
8 or more	High dependence

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