

Fagerström Test for Nicotine Dependence (Vaping, e-cigarette)

Purpose : The Fagerström Test for Nicotine Dependence Vaping version helps family physicians document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal in users of e-cigarettes.

Admin time : 5-10 min

User Friendly : High

Administered by : GP or nurse

Content : This modified version of the FTQ (Fagerstrom, 1978) consists of 6 questions 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.

Vaping, e-cigarette Fagerström Test : Piper, M.E., Baker, T.B., Benowitz, N.L., Smith, S.S., & Jorenby, D.E. (2020). E-cigarette dependence measures in dual users: reliability and relations with dependence criteria and e-cigarette cessation. Nicotine and Tobacco Research, 22(5), 756-763.

Vaping, e-cigarette Fagerström Scoring : Johnson, J. M., Muilenburg, J. L., Rathbun, S. L., Yu, X., Naeher, L. P., & Wang, J. S. (2018). Elevated Nicotine Dependence Scores among Electronic Cigarette Users at an Electronic Cigarette Convention. Journal of community health, 43(1), 164–174

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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 seven questions to document the severity of nicotine dependence, and indications for prescribing medication for nicotine withdrawal

	Question	Answer	Score
1.	How many times per day do you usually use your electronic cigarette? (Assume that one "time" consists of around 15 puffs or lasts around 10 minutes.)		
		0-4 times/day	0
		5 - 9	0
		10 - 14	1
		15 - 19	1
		20-29	2
		30+	3
2.	Do you find it difficult to refrain from vaping in places where it is forbidden (e.g. in church, at the library, in the cinema) ?		
		Yes	1
		No	0
3.	When would you hate most to give up e-cigarette use?		
		In the morning	1
		During or after meals	0
		During or after stressful situations	0
		None of he above	0

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	Question	Answer	Score
4.	On days that you can use your electronic cigarette freely, how soon after you wake up do you first use your electronic cigarette ?		
		0 – 5 min.	3
		6 - 15	2
		16 - 30	2
		31 - 60	1
		60 - 120	0
		121+	0
5.	Do you use your e-cigarette more frequently during the first two hours of the day than during the rest of the day ?		
		Yes	1
		No	0
6.	Do you use your e-cigarette when you are so ill that you are in bed most of the day ?		
		Yes	1
		No	0
	Total Score		

Score	Interpretation
0 - 2	Low dependence
3 - 4	Low to moderate dependence
5 - 7	Moderate dependence
8+	High Dependence

Tool : Piper, M.E., Baker, T.B., Benowitz, N.L., Smith, S.S., & Jorenby, D.E. (2020). E-cigarette dependence measures in dual users: reliability and relations with dependence criteria and e-cigarette cessation. *Nicotine and Tobacco Research*, 22(5), 756-763.

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