

ANNEXURE – 2

(FAGERSTROM TEST)

Screening for nicotine dependence

The Fagerstrom test for nicotine dependence is widely used as a screening test for the physical aspects of nicotine dependence. There are scales for both smoking and smokeless tobacco. Based on the score, the level of addiction can be low (score less than 4), medium (score 4-6) or high (score more than 6).

Fagerstrom test for smoking	Modified Fagerstrom test for smokeless tobacco users
1. How soon after you wake up do you smoke your first cigarette/bidi? Within 5 minutes 3 6 to 30 minutes 2 31 to 60 minutes 1 More than 60 minutes 0	1. How soon after you wake up do you use your first dip/chew? Within 5 minutes 3 6 to 30 minutes 2 31 to 60 minutes 1 After 60 minutes 0
2. Do you find it difficult to refrain from smoking in places where it is forbidden? Yes 1 No 0	2. How often do you intentionally swallow tobacco juice? Always 2 Sometimes 1 Never 0
3. Which cigarette/bidi would you hate to give up most? The first one in the morning 1 All others 0	3. Which tobacco chew would you hate to give up most? The first one in the morning 1 All others 0
4. How many cigarettes/bidis do you smoke per day? 10 or less 0 11-20 1 21-30 2 31 or more 3	4. How many cans/pouches of tobacco do you use per week? More than 3 2 1-3 1 Less than 1 0
5. Do you smoke more frequently in the first hours after waking up than during the rest of the day? Yes 1 No 0	5. Do you chew tobacco more frequently in the first hours after waking up than during the rest of the day? Yes 1 No 0
6. Do you smoke when you are so ill that you are in bed most of the day? Yes 1 No 0	6. Do you chew tobacco when you are so ill that you are in bed most of the day? Yes 1 No 0
Total score:	Total score:
Level of dependence: ➤ 6: high ➤ 4-6: moderate ➤ Less than 6: low	