PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

MODIFIED FAGERSTROM TOLERANCE SCALE

Date:_____Name:_____

1. How soon after you wake up do you smoke your first cigarette?
☐ Within 5 minutes 3
☐ 6–30 minutes 2
☐ 31–60 minutes 1
☐ After 60 minutes.....0

2. Do you find it difficult to refrain from smoking in the places where it is forbidden (ie: in church, at the library, in cinema)?
☐Yes 1
☐ No 0

3. Which cigarette would you hate most to give up?
☐ The first one in the morning 1
☐ Any other.....0

4. How many cigarettes/day do you smoke?
☐ 10 or less 0
☐11–20 1
☐21–30 2
☐ 31 or more.....3

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?
☐Yes 1
☐ No 0

6. Do you smoke if you are so ill that you are in bed most of the day?

☐Yes.....1

☐ No 0

TOTAL SCORE: ☐

SCORING INSTRUCTIONS: Add up responses to all items. A score of 5 or more indicates a significant dependence, while a score of 4 or less shows a low to moderate dependence.

Reference: Heatherton T, et al. The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addictions*. 1991;86:1119-1127.