PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

MODIFIED FAGERSTROM - SMOKELESS TOBACCO

Name: _____ Date: _____

1. How soon after you wake up 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 use?

☐ 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

6. Do you chew 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: Ebbert J, et al. The Fagerstrom Test for Nicotine Dependence-Smokeless Tobacco (FTND-ST). Addictive Behaviors. 2006;31(9):1716-1721.