

Fagerstrom Test for Nicotine Dependence (FTND)

Category: Addiction | Items: 6 | Time: ~2 min

Description / When to Use

6-item measure of nicotine dependence severity for smoking cessation planning.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 6 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Varies by item (scored 0-1 or 0-3 depending on response)

Scoring Guide

Sum all 6 items with weighted scoring. Total range 0-10. Higher = greater dependence.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-2	Low dependence	Self-help
3-4	Moderate dependence	Consider NRT
5-6	High dependence	Combination NRT + counseling
7-10	Very high dependence	Intensive treatment

Psychometric Properties

Cronbach's alpha: 0.61 | Test-retest reliability: 0.73

Validity: Predicts withdrawal severity and treatment outcomes.

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Citation (APA Format)

Heatherton, T. F., Kozlowski, L. T., Frecker, R. C., & Fagerstrom, K. O. (1991). The Fagerstrom Test for Nicotine Dependence. *British Journal of Addiction*, 86(9), 1119-1127.

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