

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.

MODIFIED FAGERSTROM TOLERANCE SCALE

Name: _____ Date: _____

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 (i.e.: 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.