

The Fagerström Test for Nicotine Dependence (FTND) (Scoring Information)

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- ❖ The FTND is a *physiologically* validated scale
 - ❖ Easy to use in a clinic or office setting
 - ◆ 6 questions
 - ◆ Linear scale
 - 0-10 points
 - For Research Purposes, can be split:
 - Low Nicotine Dependence = 0-4 points
 - High Nicotine Dependence = 5-10 points
 - ❖ Use the FTND to diagnose severity of tobacco dependence as you would measure blood pressure to diagnose severity of hypertension
 - ❖ Measure immediately before you start treatment for tobacco dependence
 - ❖ *Not* useful to re-measure after a patient has stopped smoking
 - ❖ Useful to re-measure after a patient has relapsed
 - ❖ In Clinical Medical Practice:
 - ◆ Remember the FTND is linear
 - The higher the FTND score the more physically dependent is your patient on nicotine
 - A patient with an FTND score of 10 means that patient is 10% physically more dependent on nicotine than a different patient with an FTND score of 9
 - A patient with an FTND score of 9 or 10, for example, will need much more aggressive pharmacotherapy for tobacco dependence than a patient with an FTND score of 2 or 3 to suppress nicotine withdrawal symptoms and to keep them suppressed – meaning to have effective pharmacotherapy
 - The treating physician must use higher-than-standard doses of effective medication(s), and/or
 - Combine Controller - and Rescue -type tobacco-dependence medications
 - Treat tobacco dependence, including the pharmacotherapy component, for a much longer duration of time
 - Years to Decades to Lifetime

NB: This form and scoring instructions may be duplicated without restriction for patient -care or education purposes.

¹Heatherton TF, et al. Brit J Addict 1991. 86:1119-27.