

Screening Tools Help Guide:

Fagerstrom Tolerance Scale

Reliability and Validity

Pomerleau CS, Carton SM, Lutzke ML, Flessland KA, Pomerleau OF.

Reliability of the Fagerstrom Tolerance Questionnaire and the Fagerstrom Test for Nicotine Dependence. *Addict Behav.* 1994 Jan-Feb;19(1):33-9.

The purpose of this study was to assess the test-retest stability of the Fagerstrom Tolerance Questionnaire (FTQ) in two samples: (a) paid subjects in an American laboratory; data were collected via telephone screen and subsequently via questions embedded in a written history; and (b) smokers hospitalized for depression in Paris; data were collected via a written questionnaire upon admission and again after 3 weeks of treatment for depression. Reliability data are also presented for a recently revised version of the FTQ, the Fagerstrom Test for Nicotine Dependence (FTND), and compared with FTQ data collected in a subsample of subjects in the American database who received both versions of the questionnaire. Both the FTQ (in both samples) and the FTND proved to be highly reliable. The validity of the scales, using cotinine, number of years smoked, and the "addictive" factor on the Classification of Smoking by Motives questionnaire as criterion variables, was also supported. No relationship between FTQ score and severity of depression was detected in either sample. Internal consistency was somewhat higher for the FTND than for the FTQ, replicating previous findings in the literature.

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Summary Statistics

The scale consists of eight items. Scoring per item is either a two or three level response with values 0,1, or 2. Items are summed and the possible scores should range from 0 to 11, where 7 suggests physical dependence on nicotine.

1. How soon after you awake do you smoke your first cigarette?
 0. After 30 minutes
 1. Within 30 minutes
2. Do you find it difficult to refrain from smoking in places where it is forbidden, such as the library, theater, or doctors' office?
 0. No
 1. Yes
3. Which of all the cigarettes you smoke in a day is the most satisfying?
 0. Any other than the first one in the morning
 1. The first one in the morning
4. How many cigarettes a day do you smoke?
 0. 1-15
 1. 16-25
 2. More than 26
5. Do you smoke more during the morning than during the rest of the day?
 0. No
 1. Yes
6. Do you smoke when you are so ill that you are in bed most of the day?
 0. No
 1. Yes

7. Does the brand you smoke have a low, medium, or high nicotine content?

0. Low

1. Medium

2. High

8. How often do you inhale the smoke from your cigarette?

0. Never

1. Sometimes

2. Always

Background and references

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