



## Smoking dependence test

### Objective

The objective is to learn to identify people with nicotine addiction using the smoking dependence test developed by Karl Olov Fagerström. (Source: Karl Olov Fagerström / Pharmacia & Upjohn Oy / Nicorette)

### Target group and the group size

Any group size.

### Time use

The test takes approximately 10 minutes to complete.

### Preparation, supplies, facilities and equipment

- A classroom with a computer and data projector
- Paper and pens for the participants
- A PowerPoint presentation of the test questions (one question/slide)

### Assignment and work instructions

- Give each participant a pen and paper.
- Show the question slides at a suitable pace. The participants complete the test (for themselves or for a family member).
- Discuss which situations the test could be used in, ask whether any of the participants were not familiar with the information, and talk about how to use it correctly.

### Notes

The test is also available online, e.g. [paihdelinkki.fi](http://www.paihdelinkki.fi)  
<http://www.paihdelinkki.fi/fi/testit-ja-laskurit/tupakka/tupakkariippuvuuesti>

