Exercise – The Fagertröm
Test for Nicotine
Dependence-Smokeless
Tobacco⁹

INSTRUCTIONS: For each question, circle the answer that applies to you. Keep track of your points as you go.

- 1. How soon after you wake up do you place your first dip?
 - a. Within 5 minutes (3 points)
 - b. 6-30 minutes (2 points)
 - c. 31-60 minutes (1 point)
 - d. After 60 minutes (0 points)
- 2. How often do you intentionally swallow tobacco juice?
 - a. Always (2 points)
 - b. Sometimes (1 point)
 - c. Never (0 points)
- 3. Which chew would you hate most to give up?
 - a. The first one in the morning (1 point)
 - b. Any other (0 points)
- 4. How many cans/pouches per week do you use?
 - a. More than 3 (2 points)
 - b. 2-3 (1 point)
 - c. 1 (0 points)

- 5. Do you chew more frequently during the first hours after waking than during the rest of the day?
 - a. Yes (1 point)
 - b. No (0 points)
- 6. Do you chew if you are so ill that you are in bed most of the day?
 - a. Yes (1 point)
 - b. No (0 points)

Now add up your points.

How did you score? _____ points

Your level of dependence on nicotine is:

- 0-2: Very low dependence
- 3-4: Low dependence
- 5: Medium dependence
- 6-7: High dependence
- 8-10: Very high dependence

Medications to Help You Quit

Anyone who has ever tried to quit using smokeless tobacco "cold turkey" knows how hard it can be. However, there are several medications available that may aid in your quitting process. Many of these medications are the same medications that are used to help people quit smoking. Refer to Chapter 4 for additional information.