

Supplement S1.

Degree of dependence as assessed by the Fagerström test

The Fagerström test classifies patients on a scale of 0 to 10, with 0 indicating low dependence and 10 indicating high dependence. This test has already been validated for Portuguese from Portugal.¹

Table S1. Degree of dependence as assessed by the Fagerström test

Questions	Answers	Score
1. How soon after you wake up do you smoke your first cigarette? (Quanto tempo depois de acordar fuma o seu primeiro cigarro?)	5 minutes	3
	6–30 minutes	2
	31–60 minutes	1
	More than 60 minutes	0
2. Do you find it difficult to refrain from smoking in places, where it is forbidden? (Custa-lhe não fumar em locais onde é proibido?)	No	0
	Yes	1
3. Which cigarette would you hate to give up? (Qual é o cigarro que seria mais difícil para si deixar de fumar?)	First one in the morning	1
	Any other	0
4. How many cigarettes do you smoke each day? (Quantos cigarros fuma por dia?)	Less than 10	0
	11–20	1
	21–30	2
	More than 30	3
5. Do you smoke more frequently during the first hours after waking up than during the rest of the day? (Fuma mais nas primeiras horas depois de acordar do que no resto do dia?)	No	0
	Yes	1
6. Do you smoke if you are so ill that you are in bed most of the day? (Se estiver muito doente, de cama, fuma ou não?)	No	0
	Yes	1

The final result of the Fagerström test is based on the final score, which classifies dependence into the following categories:

- 0–3: low dependence
- 4–6: medium dependence
- 7–10: high dependence

Questions 1 and 4 are the most important in the Fagerström test, accounting for 60% of the total score. Therefore, if the oral health professional does not want to administer the entire test, they can use only these two questions to quickly assess the level of dependence during the consultation.

Assessing dependence is useful for guiding referral decisions, as higher dependence scores indicate the need for more intensive cessation support, specialist intervention, or pharmacotherapy. Pharmacotherapy is indicated for cessation when there is smoking within the first 30 minutes after waking up, smoking more than 10 cigarettes a day, or a history of withdrawal symptoms in previous attempts. However, failing to meet any of these conditions does not preclude the use of pharmacotherapy.

REFERENCES

1. Ferreira PL, et al. Teste de dependência à nicotina: validação linguística e psicométrica do teste de Fagerström. Revista Portuguesa de Saúde Pública. 27:2 (2009) 37-56.