

KARL FAGERSTRÖM, PhD

Director

**Smokers Information Centre
Helsingborg, Sweden**



Karl Fagerström, PhD, is one of the world's leading researchers on nicotine dependence and smoking cessation. He is a clinical psychologist who has been working on smoking cessation since 1975 when he started to run a smoking cessation clinic. In 1981 he earned his PhD with a dissertation on nicotine-dependence and smoking cessation.

He was awarded the WHO Medal in 1999 for outstanding work in tobacco control and awarded the Society for Research on Nicotine and Tobacco (www.srnt.org/about/index.cfm) 2013 prize in Clinical Science.

Dr Fagerström's current main interests are around testing new treatments for smoking cessation and reducing harm and exposure to tobacco toxins among those who cannot give up smoking. He has given the name to a nicotine-dependence scale (the Fagerström Test for Nicotine Dependence).

He is a founding member of the Society for Research on Nicotine and Tobacco (SRNT). He started the European affiliate in 1999, and he was its president up to 2003. In 2003 he also became President-elect of the US SRNT.

His main research contributions have been in the fields of behavioural medicine, tobacco, and nicotine with over 150 peer-reviewed publications of which he is the lead author of over 100.

In the late 1970s and early 1980s, he served as the Editor-in-Chief for the *Scandinavian Journal for Behaviour Therapy*. From 1983 through 1997 he worked for Pharmacia & Upjohn as Director of Scientific Information for Nicotine Replacement Products. He has worked with the nicotine gum Nicorette since 1975 and has been contributing to nicotine-replacement therapy developments such as the patch, spray, and inhaler. Since 1975 he has been doing clinical work part-time.

Currently he is Deputy Editor of *Nicotine and Tobacco Research* and works with his own private consultancy (Fagerström Consulting).