

Assessing the Impact of Socioeconomic Factors on the Use of Electronic Nicotine Delivery Systems and Tobacco Smoking Status and Characteristics

Olena Kvasha¹, Olga Sribna^{2,*}

¹Supervisory Board of Non-governmental Organization “All-Ukrainian Association of Preventive Cardiology and Rehabilitation”, Kyiv, Ukraine

²Department of Clinical Arrhythmology and Electrophysiology, NSC “The M.D. Strazhesko Institute of Cardiology” NAMS of Ukraine, Kyiv, Ukraine

Email address:

sribnaya_olga@ukr.net (Olga Sribna)

*Corresponding author

Abstract

Fifty-one individuals were interviewed to assess the impact of socioeconomic factors on electronic nicotine delivery systems (ENDS) use and tobacco smoking status. This cohort of individuals participating in the 2016-2017 study of the cardiovascular impact of ESDNs. Seven years after were interviewed 19 people in the iQOS group and 16 each in the e-cigarette and group smoking/nicotine use. 26 people (51%) had successful attempts to quit smoking/nicotine use, of which every third person (8 people) considers himself completely free from nicotine addiction and has not smoked for more than 3 years. The most frequently mentioned reasons for abstinence are manifestation of diseases and hospitalization (15 people, 57%), recommendation of doctors and relatives (50%), desire to quit smoking (10 people, 38.5%) and fear of smoking consequences (9 people, 34.6%). The ever-increasing cost of cigarettes and ECDN supplies was cited by 27% (13 people). This reason was cited three times more often by iQOS smokers compared to traditional cigarette smokers (36.4% and 12.5%). Among the latter, the main motivation to quit smoking is the presence of a disease or fear of the consequences of smoking (75 and 62 %). Expressed manifestations of withdrawal syndrome (66.7%) and stress due to the war in Ukraine (61%) are the main reasons for failure in attempts at nicotine abstinence. 38 people (74.5%) emphasized the impact of the war on their nicotine use/smoking. The average number of cigarettes smoked daily increased significantly: from 21.1 ± 2.1 to 26.3 ± 1.7 cigarettes. Against the background of increased overall motivation and the perception of the majority of respondents (56.9 %) of ESDC as an effective means of helping to quit smoking, it is paradoxical that every second in the iQOS (47.4 %) and EC (50 %) groups returned to traditional smoking. In addition to stress as the main trigger for relapse, “nicotine starvation” and the high cost of electronic devices/consumables are cited as the main reasons. Increasing trend in the use of self-twists made of cheap loose tobacco and special paper for traditional smoking. This data showed the impact of the war on the prevalence of smoking/nicotine use among the adult civilian population and demonstrated that the state's adopted position of rejection of the strategy of reduced risk in relation to smoking, in conditions of socio-economic instability, contributes to the formation of a new cohort of nicotine users who use self-dispensing not only e-cigarette liquids, but also tobacco for self-twirling, often without filters.

Keywords

Electronic Delivery System, Quit Smoking/Nicotine Use, Socioeconomic Factors