

## **Extended Abstract**

### **Kahramanmaraş Sütçü İmam University Medical Faculty Students' Situation of Use Tobacco and Tobacco Products and Related Factors**

#### **Introduction**

Worldwide, tobacco kills more than 8 million people every year. According to the Global Adult Tobacco Survey 2016 results, 19.2 million people in Turkey (31.6%) currently use tobacco or tobacco products. The prevalence of smoking at the universities in Turkey varies between 20% and 48%. The prevalence of smoking in a medical student in Turkey ranges from 44.2% to 11.8%, which is emerging as more boys than girls smoke as in other countries.

It is very important to raise awareness in the society in the fight against tobacco use and tobacco products. This study aimed to examine the status of tobacco use, which is an important public health problem in the students of the Faculty of Medicine and to determine the possible factors.

#### **Methods**

Our research students of School of Medicine in Turkey, investigating starting to use tobacco in the future, is the foot of a prospective study in our universities. It is a descriptive and cross-sectional study. The study was carried out by researchers through face-to-face interviews between April and May 2019. Work was obtained with an ethical committee decision number 20180330/1. The questionnaire includes 16 questions that evaluate sociodemographic characteristics and behaviors related to tobacco use. The participants of the study include the 1<sup>st</sup>-, 2<sup>nd</sup>-, 3<sup>rd</sup>-, and 6<sup>th</sup>-grade students in the 2018–2019 academic year of the Faculty of Medicine, and a total of 522 students. There was no sampling among students, it was aimed to reach the entire universe. The dependent variable of the study was smoking, and the independent variables were age, sex, family structure, socioeconomic status, and accommodation status. In the study, the data were evaluated with the SPSS 22 package program (SPSS Inc., Chicago, IL, USA). The suitability of the obtained data to the normal distribution was first examined with the Kolmogorov-Smirnov test. After this stage, descriptive statistics were shown with numbers and percentage distributions, and the median (lowest and highest values) values were given.

#### **Results**

KSU Faculty of Medicine, academic year 2018-2019-169 students in term 1, 146 in term 2, 118 in term 3, 89 in term 6, and 522 students in total receive education. Term 1 (n=121), term 2 (n=105), term 3 (n=108), and term 6 (n = 58) in a total of 392 (75%) have been achieved, the student for determining tobacco use status in May-

June period a standard questionnaire was applied. The average age of the students was  $21.2 \pm 2.5$  (min=18, max=39).

In our study, 49.5% (n=194) of the students never tried to smoke, 26.8% (n=105) smoked at any time in their lives, 17.1% (n=67) smoked regularly, and 6.6% (n=26) stated that they had quit. Of the total number of students, 90 (22.9%) stated that they are still using cigarettes or other tobacco products and 19 (4.8%) stated that they have stopped using cigarettes or other tobacco products. It was determined that they smoke the most hookahs from cigarettes and other tobacco products. The percentage of students who still smoke hookahs was 12.2% (48) and who did not smoke cigarettes or other tobacco products but only smoke hookahs was 5.1% (20).

### **Discussion**

To know the smoking status of medical students, it is important in terms of reflecting the future situation of people who will be role models to society and pioneers in community awareness. In our study, unlike other studies, we have questioned both these reasons and the use of cigarettes and other tobacco products.

In our study, it was determined that 22.9% (90) of the students still use cigarettes or other tobacco products. While this rate was 22.3% for term 1 students, the rate was 20.6% for term 6 students. In a similar study conducted among the İzmir Katip Çelebi University medical faculty students, the smoking rate was observed to be 16.6%. This shows that there was no decrease in smoking rates of medical students. In our study, unlike other studies, while the rate of tobacco use was high in term 1, the rate decreased in term 6. The reason is that education in the Faculty of Medicine effectively described the harm of smoking. In addition, the practice of clinical students of medical students in the smoking outpatient service, which was actively provided within the Family Medicine department, may have contributed to the reduction in tobacco use rates.

Although cigarettes are still the most consumed tobacco product, there is an increase in the consumption of other tobacco products as well. In our study, 44 (11.2%) of 67 (17.1%) smokers use other tobacco products. It was determined that they smoke the most hookahs from cigarettes and other tobacco products. The rate of those who still smoke hookah is 12.2% (48). The percentage of smokers who did not smoke cigarettes or other tobacco products but only smoke hookahs was found to be 5.1% (20). Use of cigarettes is seen as the most important risk factor compared with other tobacco products. In addition, smoking hookahs is the most preferred tobacco product after smoking.

### **Conclusion**

The most successful countries in reducing smoking habit, which is a preventable public health problem, are the countries with the lowest smoking frequency among

physicians. Because of the role of doctors as role models in society, their professional responsibilities, and their leadership duties in the fight against tobacco, medical students should be struggled to prevent smoking cessation and quit smoking. In this fight, it is important to inform and raise awareness among medical students, who are the future physicians, about not only cigarettes but also other tobacco products.