



**Assessment knowledge of use of electronic cigarette (Vaping)
and its harmful effects among student (Bab Al Zubair colleges)**

*A project submitted to the college of nursing in partial fulfillment
to the degree of B.Sc in nursing*

By

***Tamhid Mahdi Sajt - Rahaf hasan Eabd Alnabi – Rabab Eabd
Allah arhif***

Supervised by

Asst.professor.Dr. Sindus.B, Dwood Basrah

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الآية القرآنية

﴿ وَقُلِ اعْمَلُوا فَسَيَرَى اللَّهُ عَمَلَكُمْ وَرَسُولُهُ وَالْمُؤْمِنُونَ وَسَتُرَدُّونَ إِلَى
عَالِمِ الْغَيْبِ وَالشَّهَادَةِ فَيُنَبِّئُكُمْ بِمَا كُنْتُمْ تَعْمَلُونَ ﴾

صدق الله العلي العظيم

الاهداء

إلهي لا يطيب الليل إلا بشركك ولا يطيب النهار إلا بطاعتك .. ولا
تطيب اللحظات إلا بذكرك ... ولا تطيب الآخرة إلا بعفوك ولا تطيب
الجنة إلا برويتك

(الله ﷻ)

إلى من تتسابق الكلمات لتخرج معبرة عن مكنون ذاتها من
علمتني وعانت الصعاب لأصل إلى ما أنا فيه
وعندما تكسوني الهموم أسبح في بحر
حنانها ليخفف من الآمي
..أمي ..

إلى سبب وجودي في الحياة .. إلى النور الذي ينير لي درب النجاح
..أبي ..

الشكر و الامتنان والتقدير و المحبة
إلى الذين حملوا أقدس رسالة في الحياة...
إلى الذين مهدوا لنا طريق العلم والمعرفة...
إلى جميع أساتذتنا الأفاضل...

وبالخصوص الذي تفضل بالأشراف على هذا البحث فجزاها الله عنا كل خير فلها منا
كل التقدير والاحترام...

Supervisor s Recommendation

I certify that this research project *Assessment of knowledge of use of electronic cigarette (Vaping) and its harmful effects among student (Bab Al Zubair Colleges colleges)*. Was prepared under my supervision at the College of Nursing, University of Basra as partial fulfillment of the requirements for the degree of baccalaureate in nursing sciences.

Asst.prof.Dr. Sindus.B, Dwood

2022-2021



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I would also like to thank all the experts who have shown their opinion and added some information to instrument of study. Also I would like to extend my gratitude and thanks to all the students participating and their cooperation with me

Abstract

Background: The use of e-cigarettes has been increasing in popularity among people, especially young adults. Assessing young individuals' perceptions of e-cigarettes can help to identify factors that may influence their decision to use e-cigarettes. E-cigarette use is an emerging phenomenon with increasing recognition and acceptance globally.

Objective: To examine assessment knowledge of e-cigarettes among university students in Basrah.

Methodology: A descriptive design study was conducted in Basrah university students, A purposive (non-probability) sample consist of (212) student who have been study Bab Al Zubair Colleges from January 18, 2021 to March 12, 2022.

The instrument Questionnaire of the present study contains fourth parts, first part: It is concerned with the students demographic data, second part: it is composed of (10) multiple choice questions (MCQs) related to the college Students' General Knowledge of Tobacco. Third part: it consists of (6) items for College Students' knowledge about the Roles of Cigarettes in Disease Causation. Fourth parts; it consists (8) and items related General Knowledge of Tobacco Products.

The validity of the instrument had been achieved by 10 experts from different specialties.

Statistical programs SPSS (Statistical Package for Social Science) version 23 were used to analyze the data.

Result: the findings revealed that all samples for male they have good knowledge about tobacco was a significant .As for their answers about the dangers of smoking, they still constitute two-thirds of the correct answer, Summary of what the study showed that Iraqi society does not stand in front of young male smokers and considers smoking a natural phenomenon through the students' answers that the majority came from families where there are smokers and accept smoking among their members.

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Chapter One
Introduction

1.1. Background

Electronic cigarette (e-cigarette) use has been rapidly spreading around the world. (Ayers JW. Etal.2011). Indeed, the idea that ecigarette use is safer than tobacco smoking is very common in the world population, as conditioned by manufacturers' advertisements. The scientific community has been dividing about e-cigarette use. The Royal College of Physicians stated that e-cigarettes represent a "viable harm reduction option" with respect to tobacco smoking and that "the hazard to health arising from long-term vapour inhalation from the e-cigarettes available today is unlikely to exceed 5% of the harm from smoking tobacco"/ (Royal College of Physicians.2018). Accordingly, a Simulation study predicted that if common cigarettes were replaced by e-cigarettes over the next 10 years, 1.6 to 6.6 million premature deaths would be avoided in the United States in the current century (Levy DT.etal.2018).

However, e-cigarettes have some potential harm on the health of users. First, nicotine is highly addictive and may have a detrimental impact on brain development in youth (Klein MD, Soko, NA.etal2019). . Second, vapor from e-cigarettes has also been shown to contain toxicants³ that may lead to cancer (Besaratinia A, Tommasi S.2017).

Additionally, exploding batteries can also be harmful (Patterson SB.etal.2017). Although the role of e-cigarettes in smoking cessation is still

a controversial public health issue, e-cigarettes are increasingly popular worldwide, especially among youth (Zhao ZP, Zhang M.etal .2020... In the United States, rates of e-cigarette use surpassed those of cigarettes among youth in 2014 (Klein MD, Sokol NA.etal2019), and e-cigarette use is a national epidemic with high prevalence among high school and middle school students (27.5% and 10.5%, respectively) (Gorukanti A.etal.2016).

At a Saudi university, 43.2% of dental students had ever used an ecigarette⁸. In China, 4.6% of university students in Shanghai who were surveyed in 2018 had used e-cigarettes at least once (Wang WYY, Lu MJ.etal.2020). In addition, the prevalence rates of e-cigarette use among students who were at college or university in Shanghai in 2017 and Shandong in 2015 were 7.7% and 4.0%, respectively (Chen ZY, Tan YL, Shi FH, Zhu J, and He Y.2020).

] Regarding knowledge about and attitudes regarding the use of ecigarettes in university students, the situation is not ideal. Previous research has indicated that 21.6% of the university students in Shanghai, China, thought e-cigarettes have carcinogens, and 63.1% thought that ecigarettes were less addictive than conventional cigarettes(Wang WYY, Lu MJ.etal.2020). Since 2018, China has implemented strict national regulations and policies to prevent juveniles from using e-cigarettes. Further, China banned online sales of e-cigarettes on 1 November 2019. In 2021, a clause that e-cigarettes and other new tobacco products shall be implemented with reference to the relevant provisions on cigarettes was added in the Regulations on the Implementation of the Law on Tobacco

Monopoly of the People's Republic of China. However, there is limited information on the characteristics of Chinese e-cigarette users and trends in e-cigarette use among university students, especially among students at Normal University, a teacher-training university. Therefore, more studies that comprehensively examine university students' specific knowledge about and attitudes regarding e-cigarettes, and more data on ecigarette use among university students in China are needed. (State Administration for Market Regulation - State Tobacco Monopoly Bureau.2021).

1.2- The importance of study.

Electronic cigarettes are increasingly popular worldwide, especially among youth. There is growing evidence of the negative health consequences of vaping; the practice of young adults smoking ecigarette may have been adopted as a way of smoking cessation or just to follow a trend. Most people still remain unaware of the detrimental effects of e-cigarette. Although college students represent a growing demographic of e-cigarette users, it is unclear how knowledgeable they are about the product they use. The lack of such knowledge could result in unsafe practices and greater health risks.

1.3 The aim of the study

- 1- To assess knowledge of use of electronic cigarette among student.
- 2- To identify knowledge about harmful effects among student -
- 3 -To identify demographical variables such as age, level education.

4- To find out relationship between knowledge of use of electronic cigarette student and variables such as social & status...etc

1.4.Definition of terms

Assessment:

Theoretical definition

Assessment is Collection of all relative information needed to solve health problems (Danok, 2013).

Operational definition:

Assessment is a word you hear a lot around student college assessment is used to measure for Student College knows of use of electronic cigarette harmful.

2-Knowledge

Theoretical definition:

Is a familiarity, awareness or understanding of someone or something, such as facts, information, descriptions, or skills, which is

acquired through experience or education by perceiving, discovering, or learning(*Oxforddictionaries.2010*)

Operational definition:

It means that the degree to which **student college perceived** principles, information & accumulated facts concerning **electronic cigarette harmful**

3- Electronic_cigarette

□ **Theoretical definition**

Is an electronic device that simulates tobacco smoking? It consists of an atomizer, a power source such as a battery, and a container such as a cartridge or tank. Instead of cigarette smoke, the user inhales vapor, so using an e-cigarette is called "vaping". The atomizer is a heating element that atomizes a liquid solution called e-liquid. They are activated by taking a puff or pressing a button. Some look like traditional cigarettes. (Orellana-Barrios.etal (2015). "

□ **Operational definition:**

E-cigarettes are sometimes called "e-cigs," "vapes," "e-hookahs," "Vape pens"and"electronic nicotine delivery systems .Some ecigarettes look.

Chapter Two

Review of Literature

2-1. Background

There has been an injudicious use of e-cigarette, and the general population using it has no knowledge about the long-term consequences of using e-cigarette. Simultaneously, many people are unaware about the existence of the same, and hence the present study was conducted to assess the awareness about the use and harmful effects of E-cigarette smoking among young adults (aged 18–23 years).

The study of (Nour A. Al-Sawalha. 2021) university students in Jordan also aimed to assess the as its popularity and use increases, so is the concern about public health .Therefore, public awareness about the harmful effects of e-cigarettes has been examined. A cross-sectional study among adults in USA showed that about 78% of respondents were aware of at least one harmful effect of nicotine (Kanyadan V, Ganti L.2019). Gupta and colleagues reported low awareness level of the side effects related to ecigarette use (Gupta V .etal.2020).Further, around 63% of Lebanese participants shown low level of knowledge about e-cigarettes.(Aghar H, El etal.2020). Almutham and colleagues presented that even medical students had low level of knowledge about ecigarettes competitively (Villarroel MA.etal.2020) attitude of young adults towards e-cigarette smoking.

An **electronic cigarette** is an electronic device that simulates tobacco smoking. It consists of an atomizer, a power source such as a battery, and a

container such as a cartridge or tank. Instead of smoke, the user inhales vapor. As such, using an e-cigarette is often called "**vaping**". The atomizer is a heating element that atomizes a liquid solution called e-liquid.

E-cigarettes are activated by taking a puff or pressing a button. Some look like traditional cigarettes, (*Orellana-Barrios .etal.2015*) and most versions are reusable.

A first-generation e-cigarette that resembles a tobacco cigarette. The battery portion of the e-cigarette can be disconnected and recharged using the USB power charger

Various types of e-cigarettes, including a disposable e-cigarette, a rechargeable e-cigarette, a medium-size tank device, large-size tank devices, an e-cigar, and an e-pipe.

A first-generation e-cigarette that resembles a tobacco cigarette. The battery portion of the e-cigarette can be disconnected and recharged using the USB power charger.

Various types of e-cigarettes, including a disposable e-cigarette, a rechargeable e-cigarette, a medium-size tank device, large-size tank devices, an e-cigar, and an e-pipe

2-2 .Construction

Exploded view of an e-cigarette with transparent clearomizer and changeable dual-coil head. This model allows for a wide range of settings.

An electronic cigarette consists of an atomizer, a power source such as a battery, and a container for the e-liquid such as a cartridge or tank.

E-cigarettes have evolved over time, and the different designs are classified in generations. First-generation e-cigarettes, which tend to look like traditional cigarettes, are called "cigalikes" Second-generation devices are larger and look less like traditional cigarettes. Third-generation devices include mechanical mods and variable voltage devices. The fourth generation includes sub-ohm tanks (meaning that they have electrical resistance of less than 1 ohm) and temperature control devices. (

Konstantinos Farsalinos. 2015). There are also pod mod devices that use protonated nicotine, rather than free-base nicotine found in earlier generations,] providing higher nicotine yields through the production of aerosolized protonated nicotine. (Weedston, Lindsey. 2019).

The mixture used in vapor products such as e-cigarettes is called e-liquid. E-liquid formulations vary widely. A typical e-liquid comprises propylene glycol and glycerin (95%), and flavorings, nicotine, and other additives (5%). The flavorings may be natural, artificial, or organic. Over 80 chemicals such as formaldehyde and metallic nanoparticles have been found

in the e-liquid. There are many e-liquid manufacturers, and more than 15,000 flavors. (*Henry, Travis et al. P. (2020)*)

2-3.Young people

Worldwide, increasing numbers of young people are vaping. With access to e-cigarettes, young people's tobacco use has dropped by about 75%. (*"Historical NYTS Data and Documentation / CDC". 2020.*)

Most young e-cigarette users have never smoked, but there is a substantial minority who both vape and smoke. Vaping correlates with smoking among young people, even in those who would otherwise be unlikely to smoke.

(Chatterjee, etal (2018).

2-4.Harm reduction

Tobacco smoke contains 100 known carcinogens and 900 potentially cancer-causing chemicals, but e-cigarette vapor contains less of the potential carcinogens than found in tobacco smoke. A study in 2015 using a third-generation device found levels of formaldehyde were greater than with cigarette smoke when adjusted to a maximum power setting. Ecigarettes cannot be considered safe because there is no safe level for carcinogens. Due to their similarity to traditional cigarettes, e-cigarettes could play a valuable role in tobacco harm reduction. However, the public health community remains divided concerning the appropriateness of endorsing a device whose safety and efficacy for smoking cessation remain unclear. Overall, the available evidence supports the cautionary implementation of harm reduction interventions aimed at promoting

ecigarettes as attractive and competitive alternatives to cigarette smoking, while taking measures to protect vulnerable groups and individuals. (*"FCA Policy briefing Electronic Nicotine Delivery Systems"* 2014).

The reinforcing effects of addictive drugs, such as nicotine, are associated with its ability to excite the mesolimbic and dopaminergic systems. *How does the nicotine in e-cigarettes affect the brain?* Until about age 25, the brain is still growing. Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Because addiction is a form of learning, adolescents can get addicted more easily than adults. The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs such as cocaine. (*"Know The Risks: E-Cigarettes & Young People – Addiction"*. Surgeon General of the United States. 2016).

2-5.Economics

Worldwide e-cigarette sales in 2014 were around US\$7 billion. [330] worldwide e-cigarette sales in 2019 were about \$19.3 billion. E-cigarette sales could exceed traditional cigarette sales by 2023. Approximately 30–50% of total e-cigarettes sales are handled on the internet. Established tobacco companies have a significant share of the e-cigarette market. (*Jones, 2019*).

2-6. Pervious study

Electronic cigarette knowledge, attitudes and use among students at a university in Hangzhou, China.

Juan Fang1, Jianping Ren1*, Lixian Ren1, Wendy Max2, Tingting Yao2,*

ABSTRACT

Electronic cigarettes are increasingly popular worldwide, especially among youth. There is growing evidence of the negative health consequences of vaping. Our objective was to assess university students' knowledge and attitudes regarding electronic cigarettes (e-cigarettes), their use, as well as the associated influencing factors for their use.

METHODS The study involved an online cross-sectional survey conducted between November 2019 and March 2020 in a university in Hangzhou, China. A total of 563 students completed the questionnaire. Descriptive statistics were used to assess characteristics, knowledge, and attitudes; t-tests, χ^2 -tests and logistic regression models were used to identify factors associated with ever e-cigarette use.

RESULTS In all, 59.9% of respondents were female and the average age was 20.38 years (SD=1.32). Only 42.6% of the respondents thought that e-cigarettes contain nicotine, 31.1% thought e-cigarettes are tobacco products, and 8.2% of the students reported being ever e-cigarettes users. In regard to attitude, the average score of the students in the Safety dimension was 3.34 (SD=0.64), followed by the Restriction dimension (Mean=2.66, SD=0.83). Correlates of ever use included regions, friends' and roommates' ever e-cigarette use, and higher attitude score in the Supervision dimension.

CONCLUSIONS The university students' level of knowledge Regarding e-cigarettes was not high, and their attitudes regarding ecigarettes were not that supportive. Students' ever use of ecigarettes at a university in

Hangzhou was higher than for university students in other cities in China, but lower than for those in foreign countries.

2- E-cigarettes use among university students in Jordan: Perception and related knowledge

*Nour A. Al-Sawalha*¹ *, *Basima A. Almomani*¹, *Enas Mokhemer*², *Samah F. AlShatnawi*¹, *Roba Bd*

Abstract the use of e-cigarettes has been increasing in popularity among people, especially young adults. Assessing young individuals' perceptions of e-cigarettes can help to identify factors that may influence their decision to use e-cigarettes. To examine prevalence, perceptions, and knowledge of e-cigarettes among university students in Jordan, an observational cross-sectional study using an online self-administered questionnaire was conducted among students from public and private universities between October 2020 and January 2021. A total of 1259 university students completed the questionnaire. Approximately, 11% of participants reported e-cigarettes use. Among users, 26.5% used it for the purpose of smoking cessation, while 22% of them used it out of curiosity, and 20.5% used it as they believed it is less harmful than other tobacco products. Multivariate analysis showed that conventional cigarette smokers were independently associated with a better knowledge about e-cigarettes (OR = 1.496, 95CI% = 1.018–2.197, p-value =

0.040). In addition, medical students showed a significantly better knowledge compared to non-medical students (OR = 1.710, 95CI% = 1.326–2.204, p-value = .<0.001) In Jordan, e-cigarettes use is less popular compared to other countries. Nonetheless, educational interventions are needed to correct misconceptions about e-cigarettes among young adults.

3- Knowledge and use of e-cigarettes among nursing students: results from a cross-sectional survey in north-eastern Italy

Abstract

Background: Data on electronic cigarette (e-cigarette) use among health professional students, who can play a central role in promoting healthy habits and smoking cessation, are sparse. Moreover, the association between e-cigarettes and smoking habits is still debated. The present study aimed to investigate the diffusion of e-cigarette use among nursing students in northeastern Italy and explore its association with tobacco smoking. **Methods:** In 2015, a questionnaire focused on e-cigarette use and tobacco smoking habits was anonymously administered to 2020 students attending nursing courses held by Verona University in 5 different centers. Of these students, 1463 (72.4%) answered the questionnaire. The influence of e-cigarette ever use on both tobacco smoking initiation in all subjects and smoking cessation among ever smokers was investigated by multivariable logistic models. **Results:** Most responders were female (77.1%), and the mean (SD) age was 23.2 (4.2) years. Nearly all students (94.7%) had heard about e-cigarettes. Approximately one-third (30.3, 95% CI 27.9–32.7%) had ever used ecigarettes, but only 2.1% (1.5–3.0%) had used e-cigarettes in the last month. Very few (2.1%) of those responders who had never used e-cigarettes were willing to try them. Prevalence values were much higher for tobacco smoking: 40.9% of responders reported being current tobacco smokers, and

10.1% reported being past smokers. Ever use and current use of e-cigarettes were reported by 57.2 and 4.4% of current tobacco smokers and by 12.0 and 0.6% of never or past smokers, respectively ($p < 0.001$). In multivariable analysis, students who ever used e-cigarettes had 13 times greater odds of being an ever tobacco smoke than never users, whereas they had three times lower odds of being a former smoker. Only 26 students were currently using both electronic and tobacco cigarettes, and most declared that they used ecigarettes to stop or reduce tobacco smoking. Of note, only three students reported that they had completely stopped smoking thanks to e-cigarette use. **Conclusion:** Use of e-cigarettes seemed to be rather rare among Italian nursing students and was mainly restricted to current smokers. E-cigarette use was not associated with smoking cessation in nursing students. **Keywords:** E-cigarette, Nursing students, Dual use, Susceptibility to smoking, Smoking cessation.

Chapter three

Methodology

Chapter three represents the form of research design, selection of samples, building up research instrument, and methods that used in data collection and analysis

1-Design of the Study

Descriptive study was conducted in the groups of Bab Al-Zubair colleges / University of Basrah. The study included a group of college students who were voluntarily in the gardens, kfartiyat and student resting places. The study included evening and morning students, and the study started from January 18, 2021 to March 12, 2022.

2-Setting of the Study

The study was conducted in Bab Al-Zubayr Colleges Group at the University of Basrah.

3-Sample of the Study

A purposeful (non-probability) sample consisting of (210) male students only. They were studied from different colleges such as (College of Nursing, College of Arts, College of Administration and Economics, College of Translation).

Based on the following criteria:

1. All of them are students studying in Bab Al Zubair group of colleges.
- 2- Fill out the questionnaire voluntarily and in a public place for students 3
- 3- .The wrong questionnaire and the incomplete answer have been excluded.
- 4-We did not exclude females, but no student responded to the question.

4- Study tool

The current study tool was made to access

The objective of the study and questionnaire is derived from previous studies, and some questions have been modified to suit the reality of our society

They explain in detail the following:

The first part: concerned with the demographic data of students and related to gender. Age, the name of the college and the stage of study Does the student live with his family the type of current housing, private housing, an student house or with his relatives, the student's social status, adding a source of financial, the cultural level of the mother and father, and whether there are smokers in the family, as well as the work of the mother and father, the economic level of the family, and questions about the student's behavior about smoking.

Second part: it is composed of (10) multiple choice questions (MCQs) which are rated according to correct (2), agree (1) I don't agree, related to the college student's general knowledge to tobacco.

Third part: it consists of (6) items for college students knowledge about the roles of cigarettes in disease causation. Protective equipment which are rated according to choice know (2), I don't know (1).

The fourth part: It consists of (8) paragraphs for students of the general knowledge of tobacco products. Each paragraph consisted of four questions that were categorized according to the choice Yes (2), No (1).

3.5. Validity of the instrument

The validity of the instrument had been achieved by 10 experts from different scientific branches from faculty from different university of Basrah ,having many years of experience in their field of work ,Minor changes have been performed on few items; such as change ,demographic data, and students' knowledge and practice about personal tobacco.

3.6. Statistical Analysis a statistical program SPSS (Statistical Package for Social Science) version 23 was used to analyze the data.

Chapter Four

Results

Chapter Four Results and Findings

Chapter four represents the research problem explained in details through the analysis of its variables' data and organized systematically in tables in form to be compatible with the research objective.

Table 4-1: Distribution of the study sample by socio-demographic characteristics.

Items	Verbal	F	%
Age			
	18-20	21	10
	21-23	68	32
	≥ 24	112	58
Gender	Male	212	100%
	Female	--	---
Types of study			
	Moring	90	42
	Evening	122	58
stage of studies			
	The First	7	3
	The second	83	39
	the third	60	28
	the fourth	62	30
Dose the student live with her (his) parents		153	72
private house		13	6
Student House		46	22
Marital status	Married	55	26
	Signal	144	68

	engaged	13	6
Where do the financial sources come from			
	Special work,	93	44
	My Father	51	24

	By my mother	8	4
	By my family	60	28
Are there smokers in the family?			
	Yes	110	52
	No	102	48
Level education mother student			
	primary	82	39
	intermediate	4	2
	secondary	21	10
	Institute	63	30
	College and above	42	19
Level education father student			
	primary	32	15
	intermediate	28	13
	secondary	54	25
	Institute	72	34
	College and above	26	13
Occupation mother student			
	government employee	53	25
	free business	21	10
	housewife	128	61
Occupation father student			
	government employee.	174	83

	free business	28	13
	does not work	10	4
address			
	Rural	74	35
	Urban	138	65

Does the student have a private car?			
	Yes	68	32
	No	144	68
Family income per month			
	sufficient somewhat	109	52
	insufficient	103	48
Smoking behavior			
	Smoker	146	70
	Former smoker	39	18
	Never smoked	27	12

Table 4-1: represents that the all percent (100%) of the study sample are males, 58% of them at age group (≥ 24) years, 58% the highest percentage of evening students was among the second stage) %39).

It was the highest percentage of student live with her (his) parents (72%), The highest percentage of students were unmarried) 68%) sources financial come from student the higher percentage from Special work, (that mean The student manages his financial situation without the intervention of his family (%44), Most of the students' families have the habit of smoking, which is normal present (% 52). Level education mother student the higher percentage was (39%) primary education the higher Level education father student was Institute (34%). Occupation mother student was housewife (61%), Occupation father student was government employee, the highest percentage(83 %), the most address was found in Urban (65 %) , the most student they haven't a private car (68 %) and sufficient somewhat Family income per month present (52 %) and (70%) of them smoker .

Table 4-2 -college Students' General Knowledge of Tobacco

	Verbal's	Agree F	I don't agree F	P value
1	Have you heard of electronic cigarettes (E-cigarette)?	75.2)	24.8)	p<0.001
2	Are you aware that an e-cigarette is nicotine delivery system?	50.3)	49.7)	p<0.011
3	Are you aware that an e-cigarette is an appliance vaporizes nicotine?	(36.9)	63.1)	p<0.001
4	Are you aware that an e-cigarette can be inhaled with different additives (i.e? Nicotine)?	56.2)	(43.8)	p<0.021
5	I have friends who have tried e-cigarettes	(34.5)	65.5)	p<0.001
6	Are you aware that an e-cigarette can be inhaled with different additives (i.e? Nicotine)?	(44.6)	(55.4)	p<0.051
7	Are you aware that there is no combustion in an e-cigarette?	64.9)	(35.1)	p<0.055
8	Are you aware that there is no carbon monoxide in an e-cigarette?	(16)	(84)	p<0.001
9	I have parents who have tried e-cigarettes	(44.6)	55.4)	p<0.000
10	I have siblings who have tried e-cigarettes	75.2)	(24.8)	p<0.00

11	I have used e-cigarettes at least once during my lifetime	(54.5)	45.5)	p<0.000
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In table (4.2) present Males significantly knew more about what cigarettes were ($p < 0.001$),

4-3 College Students' knowledge about the Roles of Cigarettes in Disease Causation

	Disease	I know %	I don't know %	Mean	Asses
1	GI cancer gastrointestinal	33%	67%	1.4	Fail
2	Lung cancer	85%	15%	1.9	pass
3	Liver cancer	31%	69%	1.3	Fail
4	Bladder cancer	43.9%	56.1%	1.5	pass
5	COPD chronic obstructive pulmonary disease;	53.8%	46.2%	1.6	pass
6	CAD coronary artery disease.	54.3%	45.7%	1.6	pass

Table (3-2): this table shows the assessment of the students' knowledge about Cigarettes in Disease Causation indicate that sample responses are Pass at all studied items except at the items number (1,3) their responses are fail. And the study sample responses are fail at a total means (1.3&1.4).

4- 4.Students' college General Knowledge of Tobacco Products (Choose the suitable answer for you)

	Question	Items	N	%
1	Reason for starting ecigarette	Avoid smoking bans in public places	81	38
		Enjoy the variety of flavors that ecigarettes offer only	32	15
		I quit smoking my regular cigar already, but (re-smoking)e-	53	25
		Just to try it out		
2	Do you think ecigarette is	Absolutely healthy and safe	67	31
		Equally harmful to tobacco cigarettes	90	22
		Less harmful than tobacco cigarettes	48	23
		More harmful than tobacco cigarettes	7	3
3	Methods used in the past to quit smoking	Nicotine replacement therapy (patch, gums and other nicotine products)	66	31
		Oral medications (pills) approved for smoking cessation	27	13
		Psychological counselling and support	72	34
		Self-motivation	23	11
		Smokeless tobacco (sinus, dissolvable tobacco, chewable	16	7

		tobacco, etc.)		
		Others	7	3
4	If e-cigarette or liquids with nicotine levels you use were banned from the market, you would:	Search for e-cigarette or nicotinecontaining liquids in the black market or other sources (even illegal sources)	110	52
		Start smoking again	82	39
		Stop using e-cigarette without starting to smoke again	20	9
5	What did your physician advice you concerning the use of	Did not express any opinion	101	48
		To continue using it if it helps me stay off or	37	18
	e-cigarette?	reduce smoking To stop using it or never use it		
		You did not inform your physician	74	34
6	During the whole period of using the ecigarette, did you ever completely quit smoking but later relapsed and started smoking tobacco cigarettes again?	Yes	96	45
		No	116	55
7	Have you ever used	Yes	56	27

	the e-cigarette device to inhale substances other than liquids or prefilled cartridges specifically made for it?	No	156	73
8	How do you usually measure your daily ecigarette Consumption? By measuring	the number of milliliters of the liquid consumed per day	36	17
		the number of prefilled cartridges you use per day	12	6
		The number of puffs per day	36	17
		The number of times you use the e cigarette device per day	78	37
		EGO-type batteries "Mods" (variable voltage/variable	22	11
		wattage devices and/or custom atomizers)	28	14

The table (4-4) showed the variation in students' answers to questions related to information and knowledge about vaping .

Chapter Five

Discussion of the Study Results

Chapter Five

Discussion of the Study Results

1-Table 4-1: represents that the all percent (100%) of the study sample are males, 58% of them at age group (≥ 4) years, 58% the highest percentage of evening students was among the second stage) %39).

It was the highest percentage of student live with her (his) parents (72%), The highest percentage of students were unmarried) 68%) sources financial come from student the higher percentage from Special work, (that mean The student manages his financial situation without the intervention of his family (%44), Most of the students' families have the habit of smoking, which is normal present (% 520). Level education mother student the higher percentage was (39%) primary education the higher Level education father student was Institute (34%). Occupation mother student was housewife (61%), Occupation father student was government employee, the highest percentage(83 %), the most address was found in Urban (65 %), the most student they haven't a private car (68 %) and sufficient somewhat Family income per month present (52 %) and (70%) of them smoker .

Whit them study present of the participants, 59.9% were female and most were ethnic Han (95.7%). The average age of the university students was 20.38 years. More than half of the fathers and mothers of the students had received secondary education, 55.3% and 58.4, respectively. There were 11.2% of the respondents reporting ever conventional cigarette use. Among fathers, mothers, siblings, friends, and roommates, those who had the highest rate of ever vaping were roommates, accounting for (14.9 %.).

(**Lucia Maria Lotrean ,2015**) they found from study results show that 33.8% of the students were smokers, 15.6% were ex-smokers, while 50.6%.

Moreover, (Mohd Alaraetal. 2021) what was the academic level of the students for the students. They were of different academic advancement levels, Where the highest contribution was from first year students (43.7%), followed by second and third year, 4th and 5th year students in descending order.

2-In table (4.2) present Males significantly knew more about what ecigarettes were ($p < 0.001$),

Previous research studies indicate knowledge of risks associated with ecigarette use to be an indicator of the likelihood to use e-cigarettes (Case, K.etal.2016) which was supported by our findings. Significant differences were noted in knowledge scores for everyday users when compared to never users and someday users.

(Rebecca D. etal.2020)they are found indicates that lower levels of knowledge about the possible negative health outcomes of e-cigarette use significantly correlates to more frequent e-cigarette use. No significant difference was seen between rare users and never users indicating that knowledge may not decrease the likelihood of an individual trying ecigarettes but does influence continued, habitual e-cigarette use behaviors) Also(Lucia Maria Lotrean.2015), he influence coming from friends was also an important reason for trying e-cigarettes mentioned by the students; the logistic regression analyses confirmed that experimentation with ecigarettes was related to friends' experimentation with e-cigarettes

3-Table (3-2) shows the assessment of the students' knowledge about Cigarettes in Disease Causation indicates that sample responses are Passat all studied items except at the items number (1, 3) their responses are fail. And the study sample responses are fail at a total means (1.3&1.4).

*(Alison C. McLeish et al.2022)*Overall, college student users are aware of the health risks that have received the most media attention (i.e., cardiovascular diseases and respiratory diseases). The proportion of participants in the current sample who were aware of these health risks is approximately 2.5 to 3 times higher than what was found in adult e-cigarette users *(Rohde, J.A.etal .2020)*.It is possible that there are true. This finding mirrors what has been reported in other work *(Coleman, B.N .etal.2016)*. Unfortunately, this lack of knowledge may contribute to the perception that e-cigarettes are safe to consume.

2- The table 4 (showed the variation in students' answers to questions related to information and knowledge about vaping.

The study found that e-cigarettes were used by the respondents for various reasons: own desire, personal beliefs, self-emotion, and as a current smoking trend. Using it as a means for quitting smoking is popular among dual users *(Chapman et al.2014)* stated that e-cigarette use is not consistent with attempting to quit tobacco smoking among young adults, as adults most often report e-cigarette use as a substitute for tobacco and not as a means for quitting*(Etter JF.etal 2011)*. The effectiveness of e-cigarette use as a smoking cessation tool is unclear *(Gravelly S.2015)*.

Similarly, the current study reported the potential reasons because of which participants might like to try e-cigarettes in the future; among which, trying to quit conventional smoking, unique and rare flavors of e-cigarettes

products, were the highest reasons. These findings also come in concordance with prior studies by (Notley ET al.2021. and Willett ET al.2019).

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Chapter

six

Conclusion

& Recommendations

ations

1-Conclusion

1. All the study sample were males because it was not possible to persuade females to answer the questionnaire
2. The sample of the study was from Bab Al-Zubair Colleges group of the University of Basra
3. Most of the sample was from the advanced classes in the Bachelor's study, and their ages were more than 24 years
4. Slightly more than half were students from university housing
5. They depend on their own expenses for all their financial needs
6. They have extensive information about the components of vaping and what are its types
7. As for their answers about the dangers of smoking, they still constitute two-thirds of the correct answer
8. As for their information about smoking in general, how to start it, and the persistence of smoking, they varied with some answers
9. Summary of what the study showed that Iraqi society does not stand in front of young male smokers and considers smoking a natural phenomenon through the students' answers that the majority came from families where there are smokers and accept smoking among their members.

2-Recommendations

Future research pertaining to e-cigarette use among college students is needed. Replicating this study at other colleges, specifically colleges without religious affiliations or tobacco-free, smoke-free campuses, could help further illuminate the relationships between e-cigarette use and the target variables. Students are susceptible to engaging in this harmful behavior. Modifiable factors such as self-efficacy, knowledge.

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Appendixes

الاستبانة

Assessment of knowledge of use of electronic cigarette (Vaping) and its harmful effects among college student (Bab Al Zubair Colleges

1- Characteristics demographic

Age		
Gender	Male	212
	Female	0
College		
Types of studies	Moring	90
	Evening	122
stage of studies		7
	The second	83
	the third	60
	the fourth	62
Dose the student live with her (his) parents		153
private house		31
Student House		46
with my relative		0
Other		0
Marital status		
	Married	55
	Signal	144
Where do the financial sources come from?		
Special work,	if the answer is	93

	yes,	
My Father		51
By my mother		8
By my family		60
Other		
Are there smokers in the family?		Yes 110
		No 102
Level education mother student		primary 82 intermediate3 secondary21
		Institute 63 College and above42
Level education father student		primary 32 intermediate28 secondary54 Institute 72 College and above26
Occupation mother student		government employee 53 free business21 housewife 128
Occupation father student		Government employee. 174 free business 28 does not work10
Home live		Rural 74 Urban138
Does the student have a private car?		Yes 68
		No144

Family income per month	sufficient somewhat109 insufficient27
Smoking behavior	Smoker146 Former smoker39 Never smoked 27

2-college Students' General Knowledge of Tobacco

	Verbal's	I know	I don't know
1	Have you heard of electronic cigarettes (E-cigarette)?	198	13
2	Are you aware that an e-cigarette is nicotine delivery system?	109	102
3	Are you aware that an e-cigarette is an appliance vaporizes nicotine?	98	123
4	Are you aware that an e-cigarette can be inhaled with different additives (i.e? Nicotine)?	115	96
5	I have friends who have tried e-cigarettes	140	71
6	Are you aware that an e-cigarette can be inhaled with different additives (i.e.	89	122

	Nicotine)?		
7	Are you aware that there is no combustion in an e-cigarette?	118	93
8	Are you aware that there is no carbon monoxide in an e-cigarette?	51	158
9	I have parents who have tried e-cigarettes	73	174
10	I have siblings who have tried e-cigarettes	65	146
11	I have used e-cigarettes at least once during my lifetime	111	98

3-College Students' knowledge about the Roles of Cigarettes in Disease Causation

	Disease	I know	I don't know
1	GI cancer gastrointestinal	70	141
2	Lung cancer	181	30
3	Liver cancer	66	141
4	Bladder cancer	93	118
5	COPD chronic obstructive pulmonary disease;	114	97
6	CAD coronary artery disease.	115	96

4- Students' college General Knowledge of Tobacco Products
 (Choose the suitable answer for you)

	Question		
1	Reason for starting e-cigarette	Avoid smoking bans in public places	81
		Enjoy the variety of flavors that e-cigarettes offer only	32
		I quit smoking my regular cigar already, but (resmoking)e-	53

		Just to try it out	
2	Do you think ecigarette is	Absolutely healthy and safe	66
		Equally harmful to tobacco cigarettes	90
		Less harmful than tobacco cigarettes	48
		More harmful than tobacco cigarettes	7
3	Methods used in the past to quit smoking	Nicotine replacement therapy (patch, gums and other nicotine products)	66
		Oral medications (pills) approved for smoking cessation	27
		Psychological counselling and support	72
		Self-motivation	23
		Smokeless tobacco (sinus, dissolvable tobacco, chewable tobacco, etc.)	16
		Others	7
4	If e-cigarette or liquids with nicotine levels you use were banned from the market, you would:	Search for e-cigarette or nicotine-containing liquids in the black market or other sources (even illegal sources)	110
		Start smoking again	81
		Stop using e-cigarette without starting to smoke again	20
5	What did your physician advice you concerning the use of e-	Did not express any opinion	100
		To continue using it if it helps me stay off or reduce smoking To stop using it or never	37

	cigarette?	use it	
		You did not inform your physician	74
6	During the whole period of using the e-cigarette, did you ever completely quit smoking but later relapsed and started smoking tobacco cigarettes again?	Yes	96
		No	113
7	Have you ever used the e-cigarette device to inhale	Yes	56
		No	149

	Substances other than liquids or prefilled cartridges specifically made for it?		
8	How do you usually measure your daily e-cigarette Consumption? By measuring	the number of milliliters of the liquid consumed per day	36
		the number of prefilled cartridges you use per day	11
		The number of puffs per day	36
		The number of times you use the e-cigarette device per day	78
		EGO-type batteries "Mods" (variable voltage/variable	22
		wattage devices and/or custom atomizers)	28

الخبراء

الرقم	مكانالخبير اسم الخبير
1	أ.د. محفوظ فالح حسن كلية التمريض/جامعة البصرة
2	أ.د.سجاد سالم عيسى كلية التمريض/جامعة البصرة
3	أ.د. حيدر عبد الرضا حسن كلية الآداب / جامعة البصرة
4	أ.م. عباس كريم عباس كلية الإدارة والاقتصاد / جامعة البصرة
5	م.د. عادل علي حسين كلية التمريض/جامعة البصرة
6	م. افكار فاضل كريم كلية التمريض/جامعة البصرة
7	م.م. محمد كاظم مطشر كلية التمريض/جامعة البصرة
8	م.م. دعاء محمد ناجي كلية التمريض/جامعة البصرة
9	م.م. علاء جبار داود كلية الفنون الجميلة/ جامعة البصرة
10	م.م. احمد فاخر مجيد كلية الآداب قسم الترجمة /جامعة البصرة

المستخلص

الخلفية: تتزايد شعبية استخدام السجائر الإلكترونية بين الناس، وخاصة الشباب منهم. العالم يساعد التقييم تصورات الشباب عن السجائر الإلكترونية في تحديد العوامل التي قد تؤثر على قرارهم باستخدام السجائر الإلكترونية. يعد استخدام السجائر الإلكترونية ظاهرة ناشئة مع تزايد الاعتراف والقبول على مستوى العالم .

الهدف من الدراسة : دراسة تقييم معارف السجائر الإلكترونية لدى طلاب الجامعات في البصرة في مجمع باب الزبير .

المنهجية: أجريت دراسة تصميمية وصفية بين طلاب جامعة البصرة في مجمع باب الزبير عينة هادفة (غير احتمالية) تتكون من 212) طالبًا كانوا يدرسون كليات باب الزبير للدراستين المسائية وال الصباحية بدأت الدراسة في 18 يناير 2021 إلى 12 مارس 2022. تحتوي أداة الدراسة الاستبانة على الأجزاء الرابعة ، الجزء الأول: ويهتم بالبيانات الديموغرافية للطلاب ، والجزء الثاني: ويتكون من 10) أسئلة الاختيار من متعدد (MCQs) المتعلقة بالمعرفة العامة لطلاب الكلية بالتبغ. الجزء الثالث: ويتكون من 6) فقرات خاصة بمعرفة طلبة الكلية عن دور السجائر في مسببات الامراض التخصصات والجزء الرابع يتكون من 8) وعناصر متعلقة بالمعارف العامة لمنتجات التبغ. تم تحقيق صلاحية الأداة بواسطة 10 خبراء من مختلف. تم استخدام البرامج الإحصائية) SPSS الحزمة الإحصائية للعلوم الاجتماعية(الإصدار) 23 لتحليل البيانات.

النتائج : أظهرت النتائج أن جميع عينات الذكور لديهم معرفة جيدة بالتبغ كانت ذات دلالة كبيرة. أما إجاباتهم حول مخاطر التدخين ، فهم لا يزالون يشكلون ثلثي الإجابة الصحيحة ، ملخص ما أظهرته الدراسة أن المجتمع العراقي لا تقف أمام الشباب المدخنين وتعتبر التدخين ظاهرة طبيعية من خلال إجابات الطلاب بأن الغالبية من عائلات يوجد فيها مدخنون ويتقبلون التدخين بين أفرادها.

تقييم معارف الطلبة حول المخاطر الضارة حول استخدام
السيكارة
الالكترونية في مجمع كليات باب الزبير

كجزء من متطلبات بحث مقدم إلى كلية التمريض / جامعة
البصرة لنيل شهادة البكالوريوس في التمريض العام

من قبل

الطالبات

تمهيد مهدي — رهنف حسن — رباب عبدالله

اشراف الاستاذ المساعد

د. سندس باقر داود

2022