

Review of: "Barriers to quitting smoking – a survey among 1000 adult cigarette smokers in Germany"

Ayşe Emel Önal¹

¹ İstanbul University

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The study was designed to investigate smokers' motivation to quit using the validated German version of the Quit Smoking Motivation Scale. First of all, we learn that the prevalence of smoking in Germany is 30.9%. We also learn that only 29% of smokers in Germany intend to quit and only 3% plan to quit in the next month. Based on their findings, the researchers divide the unmotivated group into three subgroups.

1-Middle-aged and older smokers, 2-Socioeconomically disadvantaged smokers, 3-Smokers who are discouraged. Saving money and maintaining health are identified as the two most important motivations. Young age, higher education, high income level were determined as the next motivations. Obstacles to quitting smoking, respectively; enjoying smoking, not being ready to quit smoking, addiction and stress, habits, pleasure, smokers in the environment. It is also an important finding that smokers who have talked to a general practitioner about smoking cessation are more motivated.

In Turkey, drugs for quitting smoking are only possible with the prescription of the physician. In addition, e-cigarettes are definitely not seen as a smoking cessation method. Since nicotine raises the epinephrine, it also increases heart rate, blood pressure, blood sugar and respiratory rate. Therefore, it is harmful, for example, in pregnant women, it inhibits the healthy development of the fetus. Of course, other chemicals in cigarettes are carcinogenic, and e-cigarettes are also carcinogenic, since these chemicals are also found in e-cigarettes.

As a result, although the sample size is large, the results cannot be generalized due to the use of non-probabilistic sampling method. In addition, the findings were misinterpreted and conclusions were reached that cannot be deduced from the findings. In my opinion, it cannot be published unless the discussion and results are rewritten.