



Introducing To Research

(BMHP5005_LON)

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E-cigarettes and smoking cessation in the UK.

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AIM AND OBJECTIVES OF THE TOPIC

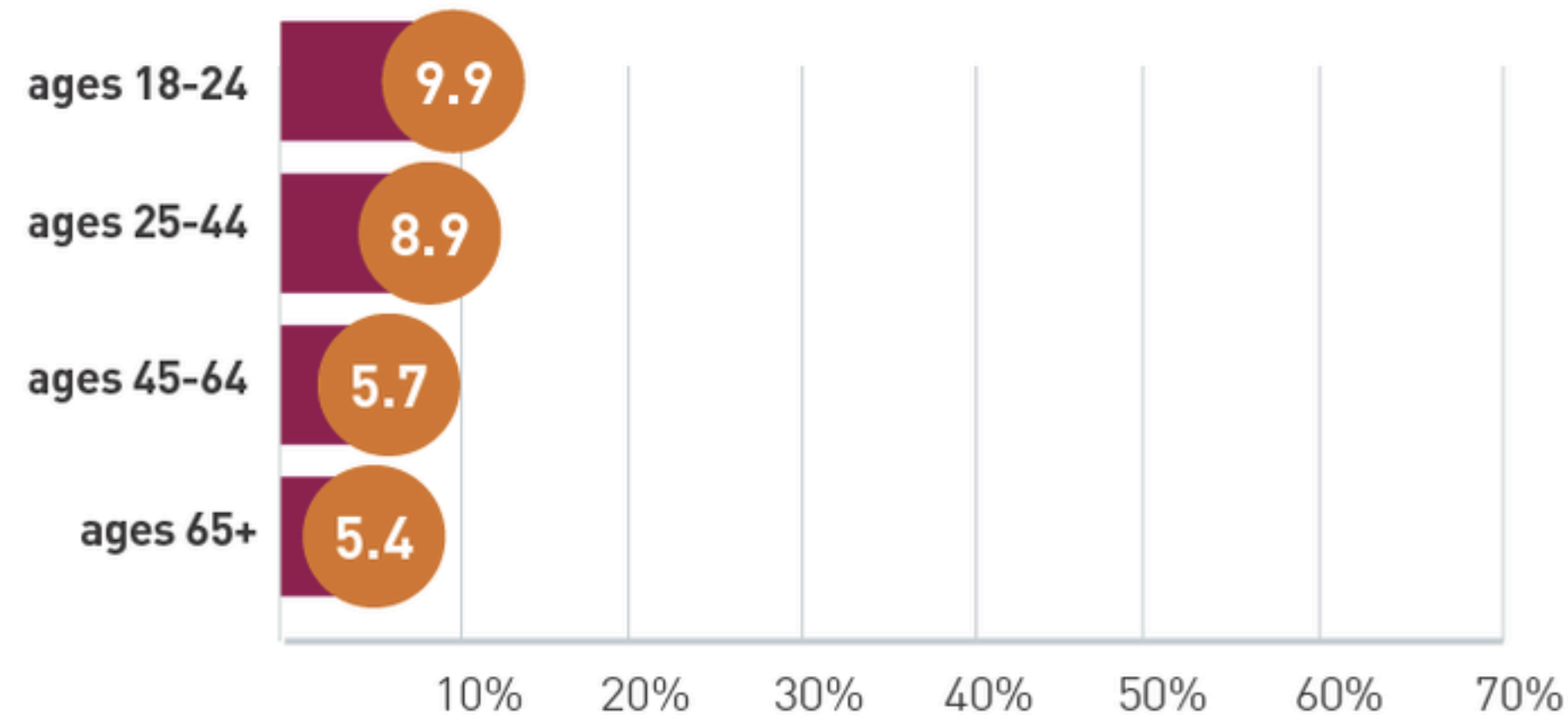
- To identify the user numbers and the quantity of consuming e-cigarettes.
- To identify the different harmful impacts of e-cigarettes.
- Challenges and Complications.
- Successful accomplishment of smoking cessation among users of tobacco.
- Health and social care sector in the process of improving the rate of smoking cessation in the UK.

Smokers who **made quit attempts** in the past year

Smokers who made quit attempts in the past year:



Smokers who successfully quit in the past year:



Source: Centers for Disease Control and Prevention, 2017

What's the most successful way to stop smoking?

Support and medication

Combined specialist support and prescription medication* including NRT or varenicline



225%

More successful than going cold turkey

Medication on prescription

Health professional advice and prescription medication including NRT



60%

More successful than going cold turkey

E-cigarettes

Using electronic cigarettes without professional support



60%

More successful than going cold turkey

NRT over the counter

Using Nicotine Replacement Therapy without a prescription or support



No more successful than cold turkey – probably because people don't use enough

Cold turkey

Quitting with no support



*Visit [nhs.uk/smokefree](https://www.nhs.uk/smokefree)

Source: Kotz, D, Brown, J, West, R. 2014 'Real-world' effectiveness of smoking cessation treatments: a population study. *Addiction*. 109(3):491-9. doi: 10.1111/add.12429; Brown J, Beard E, Kotz D, Michie S, West R. 2014. Real-world effectiveness of e-cigarettes when used to aid smoking cessation: a cross-sectional population study. *Addiction*. 109(9); 1531-1540

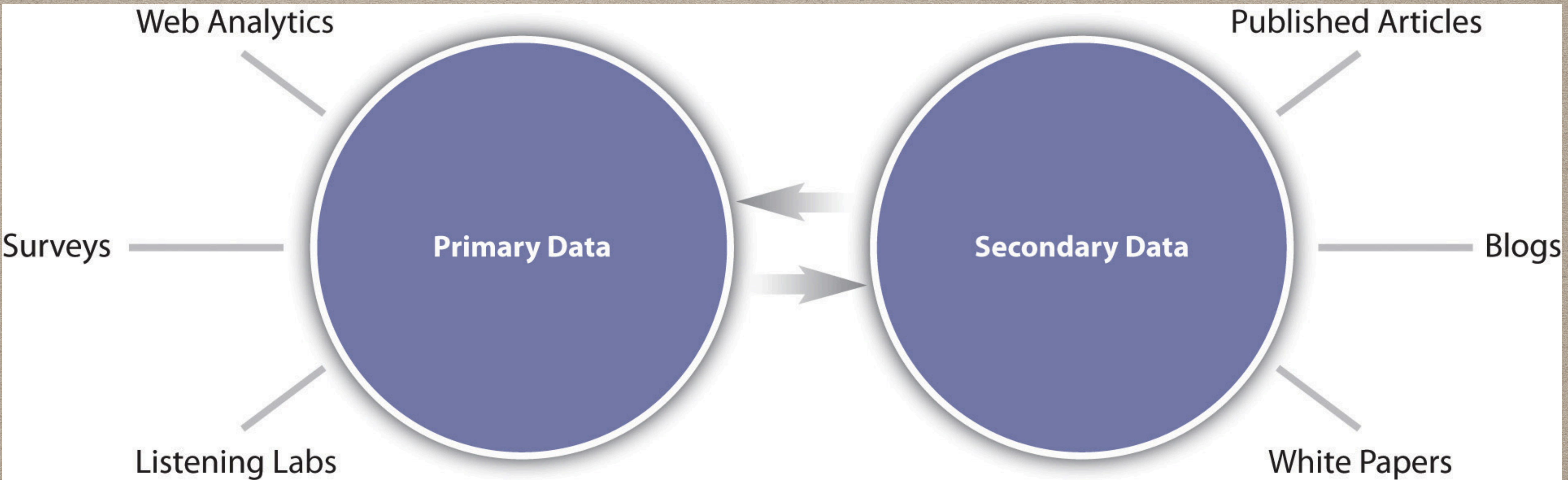
Together we will beat cancer



METHODS OF DATA COLLECTION AND ANALYSIS

The data is usually used for collecting information for different type of projects and activities. There is two types of data primary and secondary data.

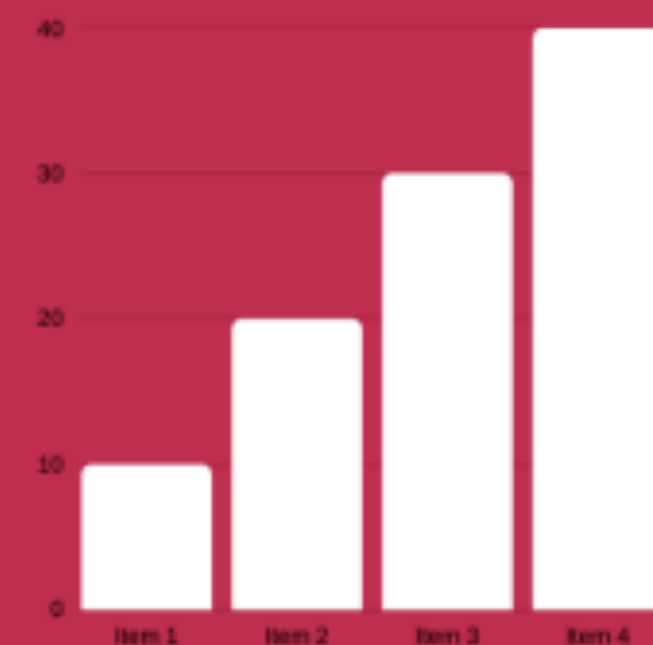
- Primary data: this type of information is taken directly from main sources through interviews, surveys, experiments, etc.
- Secondary data: this type of data all ready had collected the information from the primary data and made is available for the researchers.



DATA ANALYSIS

TYPES OF QUALITATIVE AND QUANTITATIVE RESEARCH

Quantitative Research



- Descriptive
- Correlational
- Causal-comparative
- Experimental



Qualitative Research

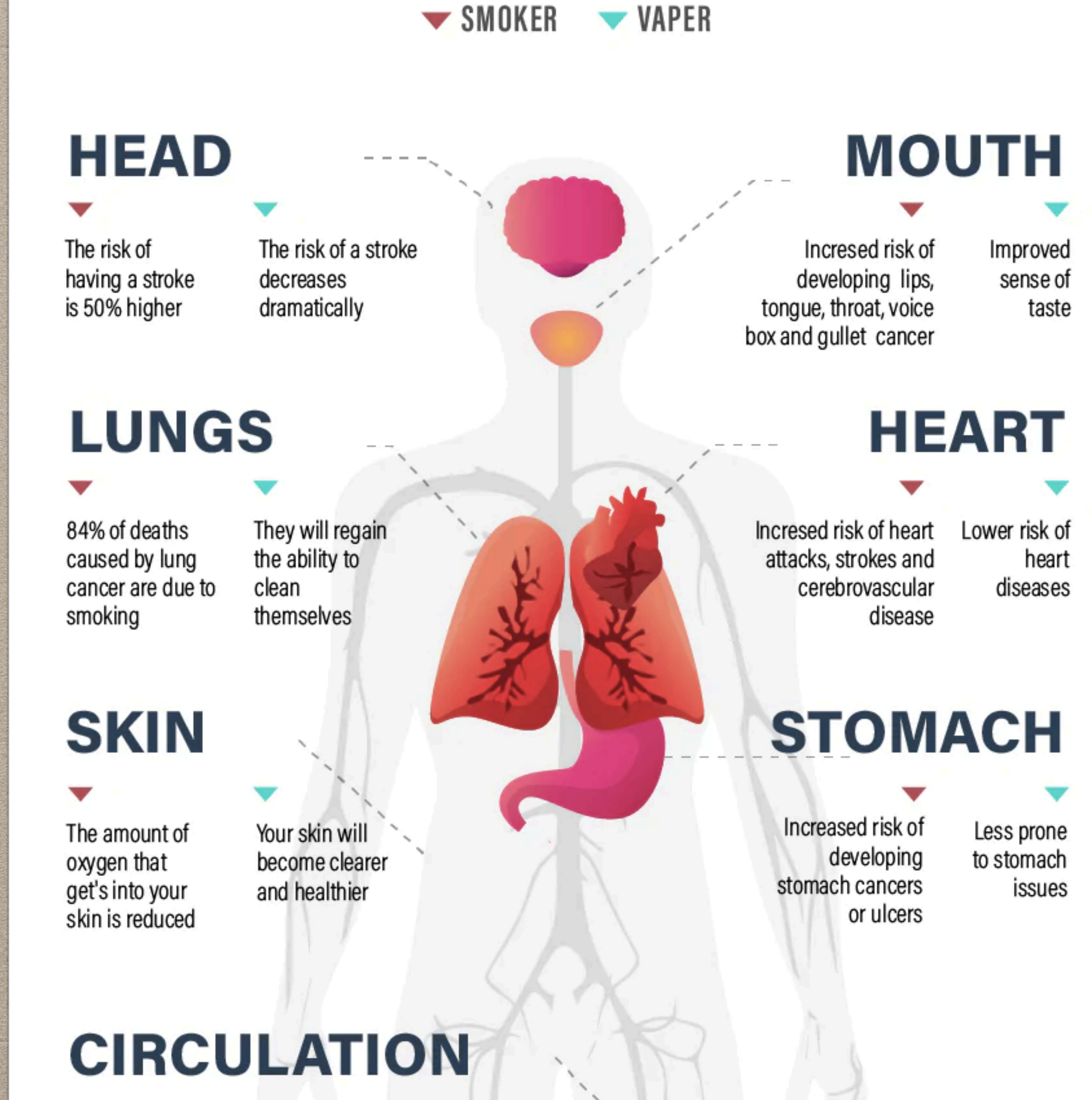
- Ethnography
- Narrative
- Phenomenological
- Grounded Theory
- Case Study

ARTICLES

- First research is focused of relationship between E- cigarettes and smoking cessation. (Colarti, Evans, 2016)
- Second research is focused of identify and evaluate the effects of e-cigarettes along with counselling and the effectiveness of only counselling on smoking cessation. (Day metal, 2018)
- Third research is focused on the beliefs and attitudes among the general people. DeJonckheere, Vaught, 2018)

KEY FINDINGS

- ***POSITIVE***
- ***NEGATIVE***



RECOMMENDATION

- We all know how the governments of UK , and many private organisations are working to support people who are smoking.
- Public smoking should be charge much higher that now.



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