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Table of Contents

1. Introduction	1
1.1 Definition of Key Terms	1
1.2 Research Aim	1
1.3 Research Objectives.....	1
2. Background.....	2
2.1 Contextual Information.....	2
2.2 Research Rationale	3
2.3 Conceptual Framework.....	3
3. Methods	5
3.1 Research Philosophy.....	5
3.2 Research Approach	5
3.3 Research Methods.....	5
3.4 Sampling Strategy	5
3.5 Ethical Considerations	6
3.6 Keywords and Inclusion-Exclusion Criteria	6
4. Results	7
5. Discussion.....	10
5.1 Recommendations.....	11
6. Conclusion	12
References.....	13

List of Figures

Figure 1:Conceptual Framework	4
Figure 2: Study Themes	8

1. Introduction

1.1 Definition of Key Terms

Smoking cessation refers to the process of quitting smoking in the objective to reduce the negative impacts of smoking in a society (Murin et al., 2011). Taper Method is the process of alleviating smoking in a gradual manner where a smoker reduces the number of cigarettes each day to a point where it is completely given up. Cold turkey method of smoking is the process of completely giving up smoking at a point and never smoke again (Pieroni and Salmasi, 2016).

1.2 Research Aim

This study has aimed to discover the approaches to prevent smoking cessation in young adults in the UK.

1.3 Research Objectives

The objective of the study had been-

- To identify the effectiveness of smoking cessation in young adults
- To assess the approaches taken to prevent smoking cessation in young adults in the UK
- To evaluate the effective way to prevent smoking cessation in young adults in the UK
- To recommend the development programs for preventing smoking cessation in young adults in the UK

2. Background

2.1 Contextual Information

People tend to believe that smoking can help them deal with their issues, which contributes to a significant increase in the desire to smoke among young adults. This problem has reached a crisis level in the UK, where an alarmingly high percentage of young adults are now smoking. As a result, there is a growing demand for a preventative program, and researchers have proposed a variety of approaches that could make the program more effective. According to the findings of a study conducted by Murin et al. (2011), smoking cessation during pregnancy has emerged as a significant trend in recent years. This is since pregnant women who smoke are more likely to become ill, which in turn puts their unborn children in a precarious position. This problem needs to be addressed because most of this pregnant population are young adults who are expecting their first child. When it comes to pregnant women and young people, one option that has garnered a lot of praise is participating in a smoking cessation program. These programs are developed in such a manner that they teach participants how to quit smoking once and for all. Rigotti et al. (2012), on the other hand, suggested that the self-help technique, which is a more informal method of avoiding smoking cessation, is growing increasingly popular. This strategy assists folks in learning about themselves and assists in taking into consideration the issues that are contributing to smoking. After that, the smokers actively work on themselves to stop smoking and break such behaviours. Stead et al. (2013) presented the "cold turkey" method as an additional strategy for dealing with the problem of smoking cessation. This strategy enables the required people to kick their smoking habit for good and never look back. Despite this, the strategy is not without its challenges because quitting smoking is difficult because it becomes a lifelong habit, and quitting cold turkey without any kind of buffer can be problematic and may not be sustainable. Although the way smoking is forbidden can be managed in this manner, Ussher et al. (2014) further stated that smoking cessation can be a tactical way to deal with smokers. In this scenario, the approach of tapering can be an effective strategy for a person to integrate smoking cessation into their system. Using this strategy, an individual can overcome the challenges that the cold turkey method presented with no transition period required. Because of this, the approach of tapering can be helpful in including the transition stage in which people can gradually reduce their smoking. This progresses to the point where one does not smoke at all and increases one's capacity to permanently resolve the smoking issue. Zwar et al. (2014) further argued in a study that having a mixed method to solve the smoking problem can be more effective. In this way, one method's problems get

complemented by another method's solution. For that reason, using multiple methods can be much ideal in a case where a better solution is required to be generated.

2.2 Research Rationale

Researchers have identified that tobacco usage is on the rise among today's young adults, in large part because of the widespread notion that smoking will reduce stress. The study by Aladeokin and Haighton (2019), it has been observed that the rate of increased smokers has been present in the young adult's demographics in the last two decades. In fact, according to GOV.UK (2023), it has been observed that almost 16% deaths back in 2017 has been the primary or secondary result of smoking. NHS (2023) describes the primary use of smoking means the smokers who directly smokes cigarettes while the secondary victims are non-smoker who are close to a smoker and are affected by passive smoking. There has been a crisis-level increase in the number of young adult smokers in the United Kingdom and ways to overcome such a scenario have been a core concern for researchers as there is no ideal method to be found (Cooper et al., 2017). So, the necessity for an ideal preventative programme is growing, and researchers have presented a plethora of methods for making it more effective. Researchers have proposed a few interventions designed to prevent smokers from giving up the habit. Methods in this category include self-help resources, the "cold turkey" method, gradual withdrawal, and structured programmes. NICE (2023) suggested that preventive methods of smoking can vary but the core perspective can never be attained unless the smokers are on-board regarding quitting smoking. On the contrary, some studies have also shown that the use of mixed strategy can be useful in such a scenario as it helps to complement each problem's weaknesses. This study has focused on shedding light on the matter of the best preventive measure for smoking cessation for young adults in the UK.

2.3 Conceptual Framework

The Conceptual Framework that can be developed based on the preliminary study-

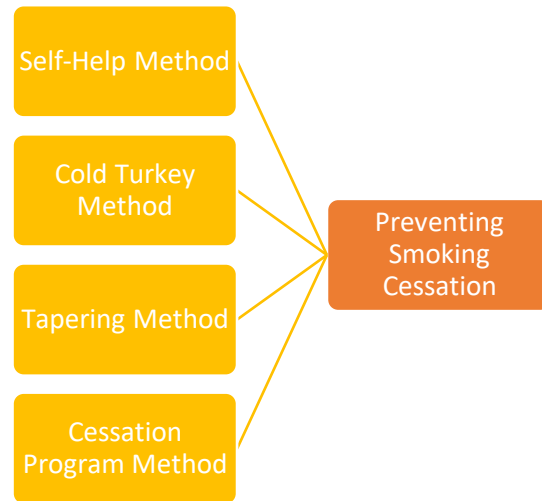


Figure 1:Conceptual Framework

Source: (Self-Made)

The conceptual framework has shown that there are different methods to prevent smoking cessation. These methods include the self-help method, cold turkey method, tapering method and cessation programs. These methods individually or collectively can be used to prevent smoking cessation for young adults in the UK.

3. Methods

3.1 Research Philosophy

Research philosophy is the study of the theoretical planning and strategic formation of a study (Nunan et al., 2020). In this study, the research has intended to use positivist research philosophy which deals with the knowledge of the truth. In this study, the positivism philosophy has helped to identify the truth about the best possible way to deal with smoking cessation for young adults in the UK. Moreover, interpretivism, which focuses on the subjective factor would not have been appropriate to evaluate and differentiate the best way to implement smoking cessation programs.

3.2 Research Approach

The research approach is the structural matter in which research is formed (Klarmann and Feurer, 2018). This study has intended the use a deductive approach where data from this study has been evaluated based on the previously analysed spectrums. This study has independently collected data that has been evaluated and compared with existing theories and literature articles to prove its authenticity. Moreover, an inductive approach, in this case, would not have been possible for the huge complexity and different patterns of problems.

3.3 Research Methods

In the process of completing a study, it is essential to understand the best-suited method that the study can go through (Kumar et al., 2019). In this study, the focus on systematic literature review has been focused on where data from different secondary journal articles have been used. The study has ensured that a proper analysis of the data can be made and for that purpose, the study has collected journal articles and evaluated them in a way that helps the study to reach its conclusion. Moreover, a primary research method would not have been sufficient in this case as primary research requires much large amount of data which eventually requires a lot of resources. For that reason, the use of secondary journal articles would be effective in providing knowledge regarding the best methods of smoking cessation.

3.4 Sampling Strategy

In this study, the most critical element that was evident was the selection of sampling strategy and the optimum sampling planning. Sampling can be done using random and non-random techniques where different elements are taken into consideration (Saunders et al., 2016). This study has focused on evaluating the non-random sampling techniques to select those five articles that provide much detail and have a direct impact on this study's outcomes. Moreover,

this study had a huge sampling error problem and that has been avoided through the implementation of the non-random sampling method.

3.5 Ethical Considerations

Ethical considerations are a crucial part of a study as it shows whether the study has been conducted with total care and through proper integrity (Saunders et al., 2016). In this study, the researcher has evaluated secondary journal articles for the data collection process. In this study, the ethical challenges that were present include, the chance of misrepresentation of the data, uncited information and wrongfully presented data. Moreover, the researcher also was concerned about collecting data from journal articles that came from legal sites. The researcher has taken precautions regarding these issues and has decided to collect and illustrate data, in a way that preserves authenticity. Moreover, the researcher has focused on using the Harvard referencing system to cite each data collected from different sources. Also, data has been collected from legal sites, including Google Scholar, Emerald, Research Gate and University library. Moreover, the data protection laws that the UK government has was highly maintained to avoid all sorts of data tampering.

3.6 Keywords and Inclusion-Exclusion Criteria

The keywords that were searched in this study and the inclusion and exclusion criteria for selecting journal articles have been-

Keywords	Smoking Cessation, Young Adults, UK Smoking Cessation Programs, Effectiveness of Smoking Cessation Programs.
Database(s)	Google Scholar, ResearchGate and Emerald Research
Inclusion Criteria	Published After 2010, English Language Research, Primary Data Collection Method Used and Legal Source
Exclusion Criteria	Written on Teenagers and Written for Outside UK population only

4. Results

A variety of journal articles that were pertinent to this study provided the source material for the data that the researcher collected. In order to accomplish this, the primary focus was placed on the analysis of data that contained information that was pertinent to the topic that was being researched. Now, the thematic review of the collected literature has shown the following observations-

Author(s),	Aim of study	Methods, Sample Size and Characteristics	Summary of main findings
Hajek et al. (2013)	To assess the role of behavioural techniques in assisting in quitting smoking	The random sampling technique was used to collect the sample size. Randomized or quasi-randomized controlled trials were implemented.	Behavioural techniques can be an effective way to solve the problem of smoking in different cases.
Wu et al. (2022)	To examine the impact of smoking cessation programs that are widely used	Cohort study design where a sample of people over 18 years old was selected.	The use of smoking cessation programs can be the ideal way to strategically get rid of the smoking habit for good.
Palmer et al. (2018)	To evaluate the effectiveness of smoking cessation using medication and methodological means	Randomised controlled trials (RCTs) were implemented where total participants of 71 sample sizes were selected.	Smoking cessation can be easily implemented through the cold turkey method.
Aveyard (2012)	To identify smoking cessation methods at the individual level	A random sampling technique was implemented to collect	The taper method is discussed in this study where pharmaceutical

		qualitative data from over 70 respondents.	help is also considered.
Hartmann-Boyce, et al. (2012)	To evaluate the effectiveness of medication and different smoking cessation methods for quitting smoking	The cohort study was conducted on participants who were affected by smoking and were aged over 18 years.	This study has also evaluated the effectiveness of the medication. The study has considered the use of vaccines and other methods while implementing a smoking cessation program.

Themes that were observed in this study included-



Figure 2: Study Themes

Behavioural techniques can be an effective way to solve the problem of smoking in different cases. In this way, self-managed programs can be used to change certain behaviours and make proper changes so that smoking habits become obsolete. Moreover, using the self-management

program, one can learn about one problem and weaknesses about own self and change the attitudes and behaviours accordingly.

The use of smoking cessation programs can be the ideal way to strategically get rid of the smoking habit for good. In this way, an individual can slowly get rid of the habit and infuse a proper and healthy lifestyle in a much more effective way. Moreover, this method allows an individual to learn about the benefits of a smoking-free lifestyle while increasing the healthiness that one has.

Smoking cessation can be easily implemented through the cold turkey method. This method is more focused on increasing the efficiency of smoking cessation. An individual can focus on giving up smoking at a random point in time and not smoking from then on. This method helps the individual to completely enjoy a healthy lifestyle early. However, this method does not consider the fact that giving away one habit is a gradual process but rather considers smoking to be a part of life that needs to be cut off for good.

The taper method is discussed in this study where pharmaceutical help is also considered. Using pharmaceutical elements including nicotine patches and other medicines to reduce the urge for smoking can be effective. In this method, one focuses on reducing the urge at first and trying to cope with a new lifestyle by simply reducing nicotine consumption.

This study has also evaluated the effectiveness of the medication. The study has considered the use of vaccines and other methods while implementing a smoking cessation program. This is a systematic approach for preventing smoking cessation and can help individuals to be more strategic in terms of maintaining smoking consumption. Young adults can change their habits through medical as well as psychological support which can be seen as a more effective solution.

5. Discussion

Hajek et al. (2013) studied that in some situations, behavioural techniques can help people quit smoking successfully. Tobacco use can be made obsolete through the use of self-managed programmes that encourage positive behavioural change. A self-management programme can help an individual become more self-aware of their strengths and weaknesses so that they can make the necessary adjustments to their way of thinking and acting. This method was however a problematic one in the sense that Ussher et al. (2014) evaluated that tobacco consumption reduction is a hardworking task and not everyone can have the mental strength to change their own habit by themselves.

Wu et al. (2022) evaluated in their study that programs designed to help people stop smoking are often the most effective method for doing so permanently. An individual can more successfully kick the habit and incorporate a healthy lifestyle by doing so. In addition to improving, one's health, this approach teaches one about the advantages of quitting smoking. Furthermore, Zwar et al. (2014) argued that such stances can help in a much more scientific way. This approach helps individuals by learning about their weaknesses and problems they are having. The approach allows the users to get rid of the bad habit in a strategic and planned manner so that they can easily start a newer and better life.

Palmer et al. (2018) identified in their study that the cold turkey method of quitting smoking is simple to implement. The success rate of quitting smoking can be improved with this technique. At any given moment, a person can make the decision to quit smoking and succeed in doing so. By adopting this strategy early on, one can more fully appreciate the benefits of a healthy lifestyle. This approach, however, disregards the reality that kicking a habit takes time and instead treats smoking as a necessity that must be eliminated permanently. However, the argument by Stead et al. (2013) suggested that this approach of suddenly giving up smoking lacks the viability that giving up a regular habit for a young adult does not seem easy. For that reason, the implementation of the cold turkey approach is much more difficult.

Aveyard and Raw (2012) further in a study identified that within their analysis, the taper method is discussed alongside the use of pharmaceutical assistance. The nicotine patch and other pharmaceutical elements have been shown to be effective in reducing cigarette cravings. In this approach, one attempt to adjust to a new way of life by gradually decreasing their nicotine intake, with the goal of eventually quitting altogether. This approach was highly appreciated earlier by Murin et al. (2011), where it was suggested that having a buffer in giving

up smoking can be useful as it allows one to transition from the bad habit. However, this system is a long-term process where maintaining consistency for a longer period is highly important.

Hartmann-Boyce et al. (2012) further studied that the efficacy of various medications has also been assessed in this study. Vaccines and other potential tools for use in smoking cessation programmes have been analysed. This methodical approach to halting smoking cessation can give people a tactical advantage in continuing to light up. A more viable option is providing young adults with medical and psychological support as they attempt to kick their habit. Now the study by Rigotti et al. (2012) argued that this method is much more effective than most other methods. This approach helps to be much more practical and is much more efficient in terms of finding the buffer yet solving the problem in the shortest possible timeframe.

5.1 Recommendations

The final objective that this study focused on was to provide a proper set of recommendations regarding the best way to deal with smoking cessation. The study showed that smoking cessation can be corrected in many different methods, but the following approaches can be considered as the ideal ways-

- Smoking is a habit and for that reason, the cold turkey method is highly unsustainable. Rather, the concentration on implementing smoking cessation through a smoking cessation program is much ideal and can influence making better corrections.
- A taper method, where the number of cigarettes is reduced each day to reach a state where the smoking is completely avoided, for young adults in the UK can also be a crucial way in which a sustainable result can be gained. This method alongside strategic planning can help in quitting smoking in a much more sustainable way.
- For young adults, using medical help is essential. Here, through medical help, smokers can be given medications, nicotine patch and different other pharmaceutical elements to prevent from smoking. On the other hand, going through strategic programs for such cases along with medical support can ensure a much better result. It makes the cessation program much more sustainable.

6. Conclusion

The research at first focused on evaluating the effectiveness of smoking cessation in young adults in the UK. The study showed that the use of smoking cessation planning through different means can reduce the rate of smokers in the young adult demographics in the UK. This can effectively change the negative atmosphere surrounding the issue of smoking and can have a positive impact on society.

The second objective was to assess the approaches taken to prevent smoking cessation in young adults in the UK. Among the various approaches, the self-management method, taper method, cold turkey method and the smoking cessation program method have been identified as the most used approaches.

The final objective of this study was the evaluation of preventive measures taken for smoking cessation in young adults in the UK. The study result indicated that smoking cessation prevention becomes much more effective through a proper smoking cessation program. In this case, the program can guide an individual towards quitting smoking while maintaining individualised factors in mind.

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