

# In a glimpse

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## Smoking careers and experiences with smoking cessation

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- The Tabatraj survey, conducted with approximately 70 participants who have recently quit smoking revealed that there are various and accumulative reasons for giving it up. Over time, smokers make several attempts to stop, and adjust their chosen cessation strategies.
- Even though a large share of the participants had tried electronic cigarettes, few of them had said to have used them as their main tool for cessation. In particular, they stated that vaping reduces the sense of satisfaction associated with quitting smoking.
- Smokers from less privileged social backgrounds explain that lack of time has prevented them from seeking support from a healthcare professional.
- The fact that some of the participants are “sick” of their cigarette addiction helps them to cope with the withdrawal symptoms and informs their cessation strategy.
- Professional settings where cigarette breaks play an important part in the workplace community hinder smoking cessation.
- Students have a high degree of knowledge of the health risks surrounding smoking, but their social consumption of tobacco often prevents them from quitting.
- Having a partner who doesn't smoke or is trying to quit is an incentive for cessation.
- Pregnant women and young mothers who smoke feel stigmatised by healthcare professionals and their family circle, which encourages them to hide their smoking habit.

### Further reading (in French)

Tendances No.162 « Carrières tabagiques et expériences d'arrêt du tabac » [Smoking careers and experiences with smoking cessation], 8 p.

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