

<b>Smoking Habits Among College Students At A Public University In Riyadh, Saudi Arabia</b>	
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<p>Tobacco smoking is one of the leading risk factors for ill health and death worldwide. Adolescence is the starting age of smoking for most current smokers worldwide. This study aimed to explore the prevalence of tobacco, the habits of different types of former smokers, and their relationship to other specialties and sociodemographic data. Methods: This cross-sectional study was conducted at Imam Mohammad Ibn Saud Islamic University (IMSIU), Saudi Arabia. An online questionnaire was sent to students' emails to assess their smoking prevalence and tobacco and nicotine product habits. Results: Of the 895 students in IMSIU who participated in our survey, most reported having never used/tried tobacco, representing (76.4%). Most of the students who smoke began to smoke within the last five years (46.4%), which strongly indicates that they started to smoke when they entered the university. When students were asked about the time they like to smoke, most reported that they smoke when they feel stressed/under pressure (57.1%). There was a strong relationship between having a family member who smokes and being a smoker (53.1%). Conclusions: The prevalence of cigarettes, electronic cigarettes, and Shisha was 18.3%, 5%, and 11%, respectively. Anti-smoking regulations at the university level should be periodically reviewed to ensure the effectiveness and efficiency of tobacco control strategies.</p>	