

# Perceptions, predictors of and motivation for quitting among smokers from six European countries from 2016 to 2018: Findings from EUREST-PLUS ITC Europe Surveys

Girvalaki, C., Filippidis, F.T., Kyriakos, C.N., Driezen, P., Herbec, A., Mons, U., Papadakis, S., Mechili, A, Katsaounou, P.A., Przewoźniak, K., Fernández, E., Trofor, A.C., Demjén, T., Fong, G.T., & Vardavas, C.I.

## **Abstract**

The European Tobacco Products Directive (TPD) was introduced in 2016 in an effort to decrease prevalence of smoking and increase cessation in the European Union (EU). This study aimed to explore quitting behaviours, motivation, reasons and perceptions about quitting, as well as predictors (reported before the TPD implementation) associated with post-TPD quit status. A cohort study was conducted involving adult smokers from six EU countries ( $n = 3195$ ). Data collection occurred pre-(Wave 1; 2016) and post-(Wave 2; 2018) TPD implementation. Bivariate and logistic regression analyses of weighted data were conducted. Within this cohort sample, 415 (13.0%) respondents reported quitting at Wave 2. Predictors of quitting were moderate or high education, fewer cigarettes smoked per day at baseline, a past quit attempt, lower level of perceived addiction, plans for quitting and the presence of a smoking-related comorbidity. Health concerns, price of cigarettes and being a good example for children were among the most important reasons that predicted being a quitter at Wave 2. Our findings show that the factors influencing decisions about quitting may be shared among European countries. European policy and the revised version of TPD could emphasise these factors through health warnings and/or campaigns and other policies.

## **Recommended Citation**

Girvalaki, C., Filippidis, F.T., Kyriakos, C.N., Driezen, P., Herbec, A., Mons, U., Papadakis, S., Mechili, A, Katsaounou, P.A., Przewoźniak, K., Fernández, E., Trofor, A.C., Demjén, T., Fong, G.T., Vardavas, C.I. (2020). Perceptions, predictors of and motivation for quitting among smokers from six European countries from 2016 to 2018: Findings from EUREST-PLUS ITC Europe Surveys. *International Journal of Environmental Research and Public Health*, 17(17), 6263.

**Link To PDF:** <https://www.mdpi.com/1660-4601/17/17/6263>