

Intentions to quit, quit attempts, and the use of cessation aids among Malaysian adult smokers: Findings from the 2020 ITC Malaysia Survey

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Abstract

This study examined quitting behavior and use of cessation aids (CAs) among Malaysian adult smokers aged ≥ 18 years ($n = 1,047$). Data were from the 2020 International Tobacco Control (ITC) Malaysia Survey were analyzed. A total of 79.9% of Malaysian smokers attempted to quit in the past 12 months and 85.2% intended to quit in the next 6 months. The most common CAs were e-cigarettes (ECs) (61.4%), medication/nicotine replacement therapies (NRTs; 51.0%), and printed materials (36.7%); the least common CA was infoline/quitline services (8.1%). Multivariable logistic regression analysis was performed to examine the association between sociodemographic variables and CAs use. Male smokers were more likely to use infoline/quitline services (adjusted odds ratio [aOR] = 3.27; $P = .034$). Malay smokers were more likely to use infoline/quitline services (aOR = 3.36; $P = .002$), ECs (aOR = 1.90; $P = .004$), printed materials (aOR = 1.79; $P = .009$), and in-person services (aOR = 1.75; $P = .043$). Most Malaysian smokers wanted to quit smoking. Furthermore, ECs were the most popular CAs, highlighting the need to assess the effectiveness of ECs for quitting smoking in Malaysia.

Recommended Citation

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