

WILLINGNESS AND PREFERRED METHODS TO HELP QUITTING SMOKING IN SWITZERLAND

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Purpose: to assess among current smokers in Switzerland the willingness to quit and the preferred methods to help quitting smoking.

Methods: cross-sectional study including 1265 current smokers (607 women and 658 men). Difficulty quitting smoking and the preferred methods to help quitting smoking were assessed by questionnaire.

Results: 89% of women and 84% of men reported being "very difficult" or "difficult" to quit smoking. Almost three quarters of smokers (73% of women and 70% of men) reported some willingness to quit smoking, but less than 25% of them wanted to do so within the next 30 days, and only 64% within the next 6 months. Willingness to quit was stronger among younger smokers while no differences were found for gender, physical activity or educational level. The preferred methods to help quitting smoking were personalized counselling by a doctor (51.4%), acupuncture (35.9%); nicotine replacement therapy (37.6%); hypnosis (28.8%); information flyers (24.9%); autogenic training (15.3%); bupropion (15.2%); personalized counselling by a non-doctor (14.7%) and group interventions (13.2%). Acupuncture and hypnosis were more favoured by women, and autogenic training by younger smokers. Still, a sizable fraction (between 19 and 51%) of smokers did not know some of the methods to help quitting smoking.

Conclusion: although more than two thirds of Swiss smokers want to quit, only a small fraction wishes to do so in the short term. Better information regarding the different methods to help quitting is also necessary.

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Photo: Flow cytometry study of expression of the B and T Lymphocyte Attenuator (BTLA) on human tumor specific CD8 T lymphocytes and effect of cancer vaccination provided by L. Derré et al., Division of Clinical Oncolmmunology, Ludwig Institute for Cancer Research, Lausanne branch, UNIL