

UNIVERSITI TEKNOLOGI MARA

**AWARENESS, KNOWLEDGE AND PERCEPTION OF
WORKING ADULTS TOWARDS VAPE**

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ABSTRACT

Vape is being increasingly used in Malaysia. Its works by heating a solution that contains flavourings and delivery system like propylene glycol. They may or may not contain nicotine and being marketed as a smoking cessation aid. Awareness of vape and perception is important as little is known about vape and public opinion towards it. Some people believe that vape can be less harmful than traditional cigarettes.

There are limited study on awareness, knowledge and perception of vape in Malaysia. This study aimed to identify the prevalence of awareness, knowledge level, and perception of vape among working adults in UiTM Puncak Alam Campus.

A cross-sectional study using questionnaire was conducted between May and June 2016 among working adults in UiTM Puncak Alam Campus aged 24-64 years (n=117). The questionnaires were available in two languages; Malay and English. We assessed the awareness, knowledge and perception about harmfulness among working adults. Data analyses were performed in June 2016.

Overall, 87.2% of respondents were aware of vape. Adults aged 30-39 years, female and high education level were more likely to be aware of vape. When asked about the general knowledge of vape, most of the respondents have high knowledge level (44.4%). Of these, 82.4% believed that vape can be more harmful than traditional cigarettes and 80.4% agreed that vape should be banned in public areas such as café and restaurants. The perception that vape are harmful was more prevalent than the perception that vape are useful for smoking cessation aid.

In conclusion, the prevalence of awareness of vape were high among working adults. A considerable level of knowledge about vape is found among working adults aged 30-39 years. Vape were perceived as more harmful than traditional cigarettes and not be effective as a smoking cessation aid. There should be increase in the advertisements and messages about the vape regarding the scientific evidence on the use and harmful effects in order to avoid creating mistaken ideas about their use.

CHAPTER 1

INTRODUCTION

Vape or also called as electronic nicotine delivery systems (ENDS) is a relatively new product that is widely available and advertised as an alternative to traditional cigarettes. It also helps in smoking cessation. It is a battery-driven devices that works by heating a solution in the cartridges. The solution may or may not contain nicotine and also flavorings that are usually dissolved in propylene glycol and water, which is vaporized and delivered in aerosol forms (Orellana-Barriers et al, 2015). The solution or usually called as e-liquid or e-juice is heated by heating the element in the vape to produce flavour and vapor. There are several types of vape; contain nicotine and not contain nicotine. They are marketed as a smoking cessation aid despite insufficient scientific evidence on their efficacy as cessation devices.

With the rapid increase in the use of vape, users and non-users are exposed to the aerosol and product constituents. Exposure to the aerosol can affect human health especially lungs and heart. For non-users, even though they are not using vape but by only inhaling, it can initiate several adverse effects. Inhalation of the aerosol can block the airways and cause airway resistance (Orellana-Barriers et al., 2015). Vape use can increase the heart rate and blood pressure and can lead to cardiac disease (Orellana-Barriers et al., 2015).