

# Assessing the impact of COVID-19 pandemic on smoking behavior among the American University of Beirut community

## LIME Survey

### Sociodemographic questions

- 1- Gender: Female, Male
- 2- Age: 18-19, 20-29, 30-39, 40-49, 50-59, 60 years and above
- 3- Marital status: Single, Married/in a relationship, Divorced, Widowed
- 4- Status at AUB: student, staff, faculty .....
- 5- Educational level: Primary School, Complementary School, Secondary School, University Studies
- 6- Do you perceive yourself as someone with a high, medium or low income? High, Medium, Low, Not applicable

### Smoking practices

- 1- Do you currently smoke? Cigarette, Narguileh, Cigarette/Narguileh/vape (E-cigarette)/IQOS, Non-smoker
- If Cigarettes,
- a- How long have you been smoking cigarettes (years)?
  - b- How many cigarettes do you smoke per day on average?
- If Narguileh,
- a- How long have you been smoking Narguileh (years)?
  - b- How many Narguileh a week or days do you smoke on average?
- If Cigarettes and Narguileh,
- a- How long have you been smoking cigarettes (years)?
  - b- How many cigarettes do you smoke per day on average?
  - c- How long have you been smoking Narguileh (years)?
  - d- How many Narguileh a week you smoke on average?
- If E-cigarettes, Vape or IQOS,
- a- How long have you been smoking E-cigarettes, Vape or IQOS (years)?
  - b- How many times do you smoke E-cigarettes, Vape or IQOS per day on average?
- If you are an ex-smoker, when did you quit smoking?
- 1 month ago , 2 months ago , 3 months ago , 4 months ago , 5 months ago , 6 months ago , 6-12 months ago , > 1 year ago

### Change in smoking behaviors

- 1- Did your smoking behavior change during the last 4 months?  
Thinking of quitting, Quit, made an attempt to quit, increase cigarettes smoking, increase narguileh smoking, increase E-cigarettes, Vape or IQOS, decrease cigarettes smoking, decrease narguileh smoking,, decrease E-cigarettes, Vape or IQOS no change
- If yes, what is the reason (you can pick more than one answer):

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- Being stuck at home
- Stress related to COVID-19 crisis
- Stress related to economic crisis
- Personal health concerns
- Influence of family
- Burden of increased cost
- Fear of contracting coronavirus
- Other reasons not listed above.

**Participants' beliefs about smoking and its adverse effects**

- Do you agree with these statements about smoking: (Yes, No, Don't know)
  - 1- Smoking negatively affects your health
  - 2- Smoking increases risk of contracting coronavirus infection
  - 3- Smoking increases the severity of coronavirus infection
  - 4- Smoking protects against coronavirus infection

At the end of the survey add information about the smoking cessation program at AUB.

Link to smoking cessation program:

<https://www.aub.edu.lb/tobaccofree/Documents/Cessation%20Web%20-%20Smoking%20Cessation%20Brochure.pdf>

Link for behavioral counseling tips to stop smoking at home:

<https://www.youtube.com/playlist?list=PLWTh9cvHbduD87Bvc5eHMBj-IAZxGeTMJ>

Link for other resources in the smoking cessation program at AUB

<http://aubmc.org.lb/clinical/HWC/Pages/index.aspx>

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