



Prevalence and knowledge on secondhand smoke among university students in northern Thailand: a cross-sectional study

Dujrudee DC Chinwong* , Kanatip Wattanachaisiri , Rinrada Rattanabunturong , Surarong Chinwong

Faculty of Pharmacy, Chiang Mai University, Thailand



Introduction

This cross-sectional study assessed 1) the prevalence of exposure to secondhand smoking in the past 7 days and 30 days and 2) knowledge of secondhand smoke exposure among undergraduate university students in northern Thailand.

Methods

- **Study design:** a cross-sectional study
- **Participants:** undergraduate students studying at a university in northern Thailand.
- **Instrument:** a self-administer questionnaire to measure secondhand smoker exposure in 7 days and 30 days and to measure knowledge of secondhand smoke. The knowledge assessment on secondhand smoke comprised nine questions with four answer choices: 1) definition, 2) exposure to secondhand smoke, 3) dangers of secondhand smoke, 4) dangers of secondhand smoke to adults, 5) risk factors for secondhand smoke, 6) dangers of secondhand smoke to infants and children, 7) dangers of secondhand smoke to a pregnant woman, self-prevention from secondhand smoke, and 9) protecting nonsmokers from exposure to secondhand smoke.
- **Data collection time:** February to March 2019
- **Data analysis:** Descriptive statistics: mean (SD), frequency, percentage; Inferential statistics: independent t-test.
- **Ethical consideration:** the study protocol was approved by the Human Research Ethics Committee, Faculty of Pharmacy, Chiang Mai University

Result

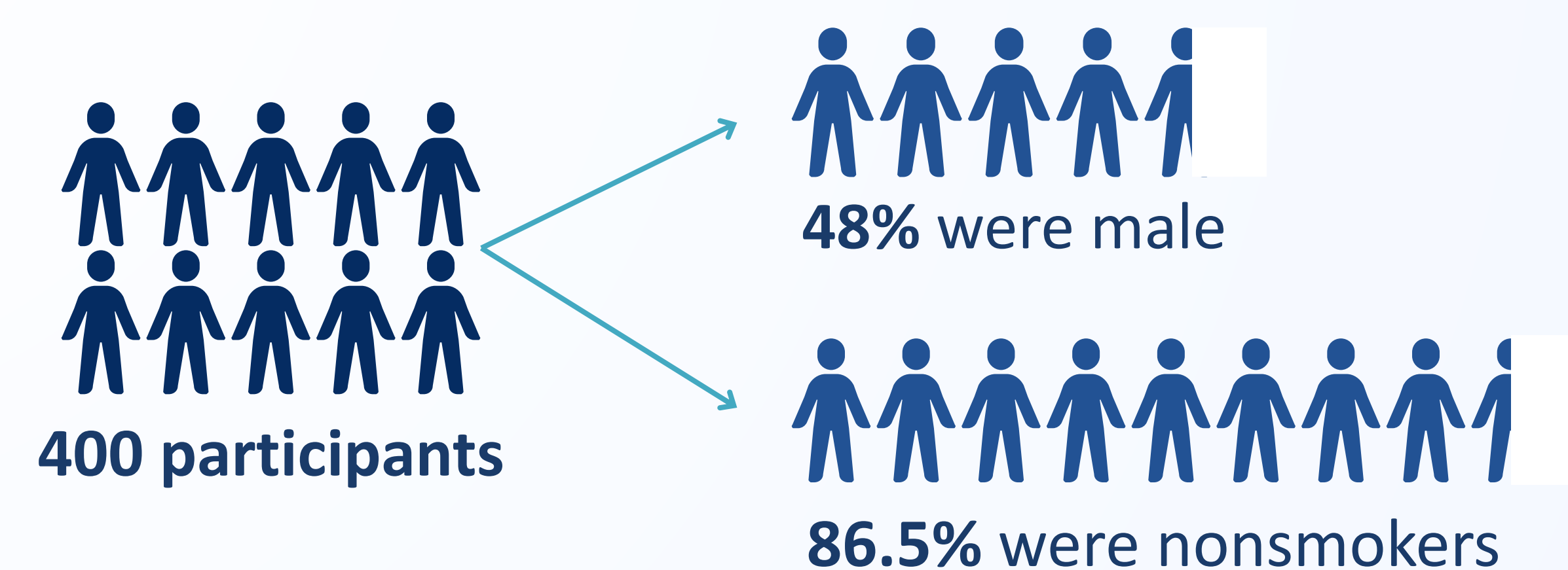


Figure 1: The characteristics of participants (n=400)



Figure 2: The prevalence of exposure to secondhand smoke

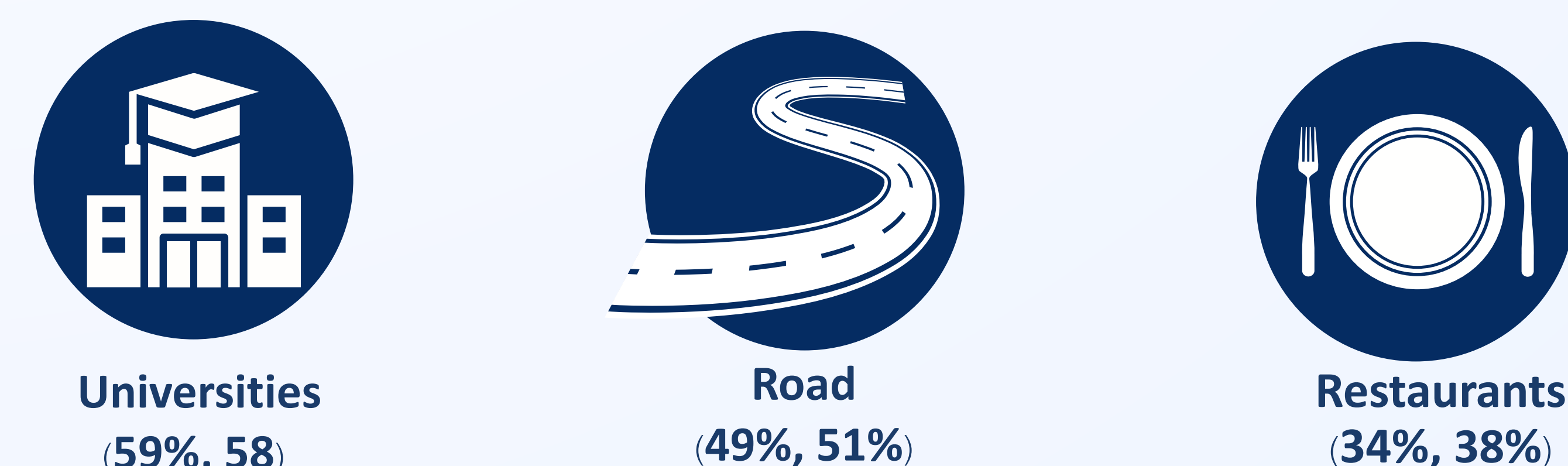


Figure 3: The top three places most exposed to secondhand smoke
(in the past 7, 30 days)

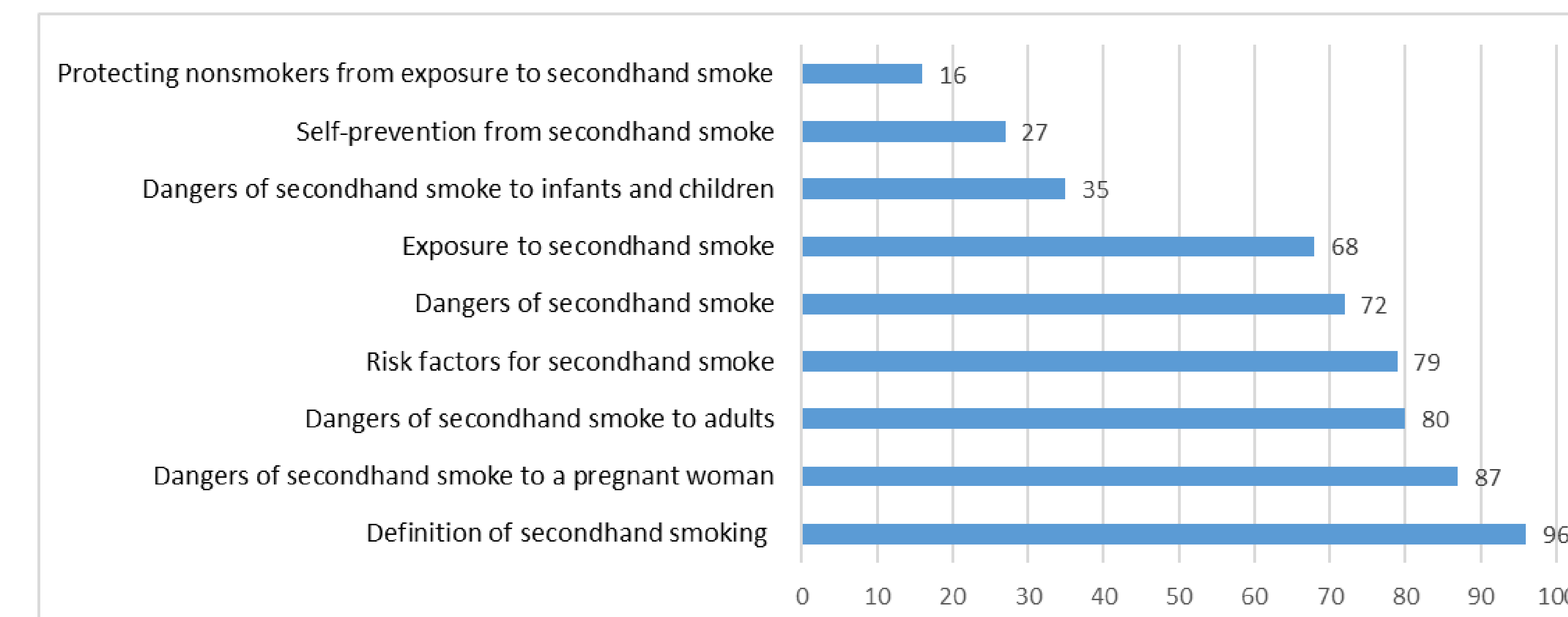


Figure 3: Knowledge of secondhand smoke among undergraduate university students, % correct answer (n=400)

The average knowledge scores was 5.6 ± 1.35 out of 9; the scores of females (5.78 ± 1.30) were significantly higher than those of males (5.40 ± 1.37), $p=0.005$.



Conclusion

The prevalence of exposure to secondhand smoke in 7 days and 30 days among university students is high, but their knowledge of secondhand smoking is quite low, with females having more knowledge than males. Therefore, prioritizing the adoption of a strategy to protect the health of nonsmokers and promoting health education about the dangers of secondhand smoke is essential.