

TEPAV Monitoring Newsletter on Tobacco Control Policies October 2022¹

This newsletter was prepared by TEPAV for the purpose of sharing data and information on tobacco use in Türkiye at regular intervals. The first issue of the aforementioned Monitoring Newsletter contained the comparative analysis of the survey findings commissioned by TEPAV in February 2022 and the results of the Global Adult Tobacco Survey (GATS) Türkiye. This second issue of the newsletter consists of a comparative analysis of the survey findings in June 2022 and survey findings in February 2022 commissioned by TEPAV.

Survey studies were conducted in the form of a computer-assisted phone survey with 2000 participants in 12 provinces (İstanbul (TR1), Balıkesir (TR2), İzmir (TR3), Bursa (TR4), Ankara (TR5), Antalya (TR6), Kayseri (TR7), Samsun (TR8), Trabzon (TR9), Erzurum (TRA) , Malatya (TRB), Gaziantep (TRC)) representing 12 NUTS-1 regions of Türkiye.

The study conducted by TEPAV is important and meaningful since the most recent official data on tobacco use in our country are the data obtained from the Turkey Health Survey² conducted by TURKSTAT in 2019 and the Global Adult Tobacco Survey (GATS) conducted in 2016, and there has been no official study conducted within this scope since then.

1. Tobacco Use Rates and General Information

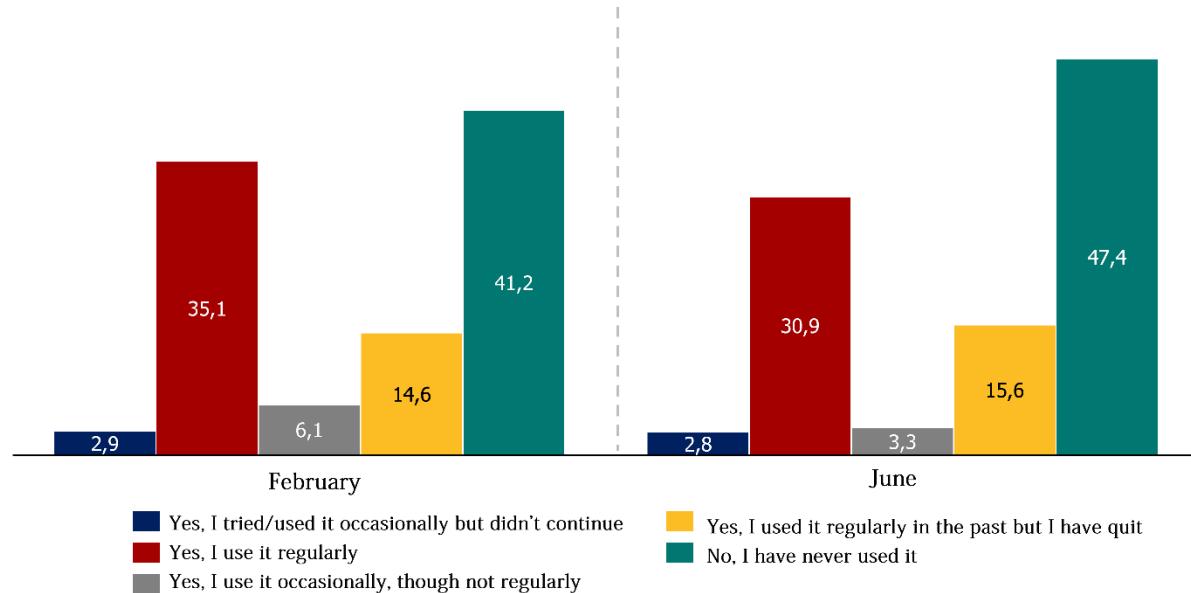
The June data indicate a decrease in the prevalence of regular users of tobacco products compared to the February data. Participants were divided into four categories according to their answers to the question of "Do you smoke or did you smoke in the past?": "regular/daily smokers", "occasional smokers", "former smokers" and "never-smokers". The share of those who use tobacco occasionally, not every day, is quite low, as in the 2012 and 2016 GATS surveys and TEPAV's February survey (3.0 percent in 2012, 2.0 percent in 2016, 6.1 percent in February 2022 and 3.3 percent in June), and it is seen that the vast majority of users actually use tobacco every day. When the surveys conducted in February 2022 and June 2022 are compared, no significant difference was observed in the share of the answers of "Yes, I tried/used it occasionally but didn't continue" and "Yes, I used it regularly in the past but I have quit" given to the question "Do you smoke or did you smoke in the past?". On the other hand, it is seen that the rate of those who use it regularly decreased from 35.1 percent to 30.9 percent (significantly according to Pearson's chi-square statistics) (Figure 1). When compared by gender, it is

¹ Disclosure: This study was funded with a grant from the Foundation for a Smoke-Free World, Inc. ("FSFW"), a US nonprofit 501(c)(3) private foundation. FSFW had no role in the planning or execution of this study, data analysis, or publication of results.

² Turkey Health Survey of 2019 was carried out with households within the borders of the Republic of Türkiye and was prepared in order to obtain information on the health indicator, which has an important share in development indicators, and to close the information gap in the current structure. The study covers many health issues and tobacco use is only a small part of the survey.

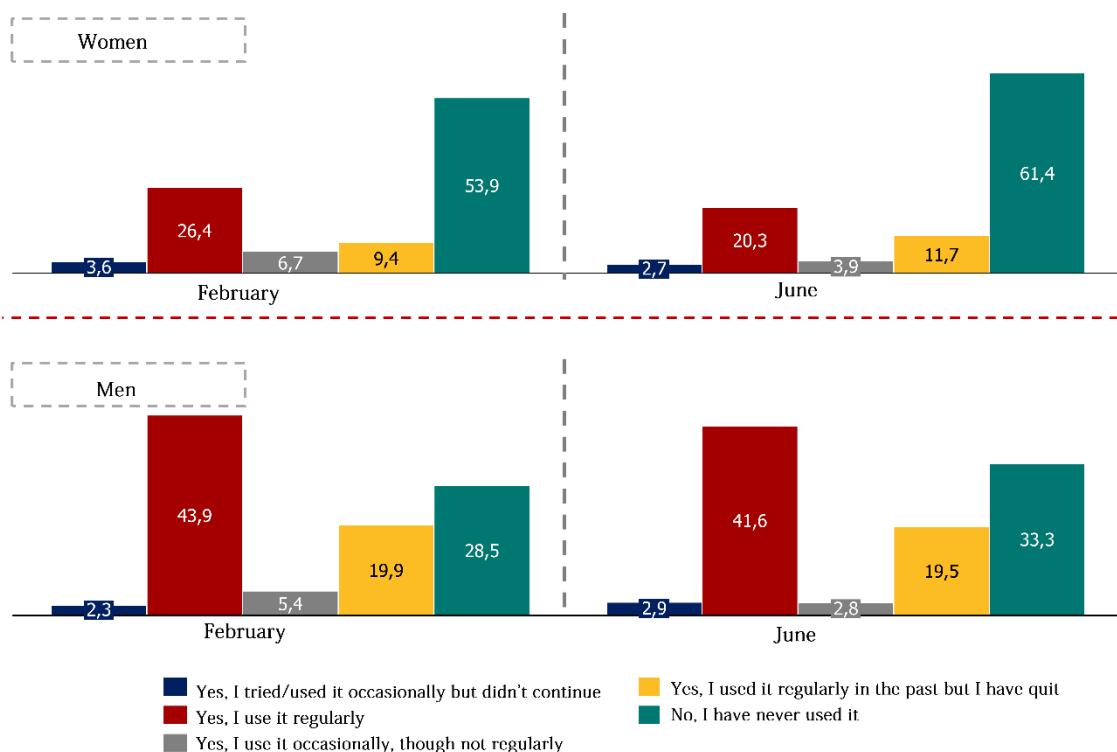
seen that the share of the answers "Yes, I use it regularly" decreased significantly for both genders (Figure 2). The results of more detailed analyzes are shared subsequently in the newsletter.

Figure 1. Percentage of answers to the question of "Do you smoke or did you smoke in the past?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

Figure 2. Percentage of answers to the question of "Do you smoke or did you smoke in the past?" by gender, February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

Compared to low-income groups, both the share of regular users of tobacco products is higher and the willingness to quit smoking is lower in high-income groups. When the answers to the question of "Do you smoke or did you smoke in the past?" in the June survey are analyzed according to the monthly income level of the households, it is seen that the prevalence of regular/daily smoking is 25 percent in the lowest income group whereas it rises to 30 percent in the higher income groups and reaches 48 percent in the highest income group. The positive correlation between income and regular use in the February survey is also seen in the June survey, indicating that daily/regular use of tobacco products is more common in high income groups in Türkiye, unlike in some other countries. Similarly, the willingness to quit smoking decreased in both the February and June surveys as the income level increased. While the percentage of those who answered "No" to the question of "Do you want to quit smoking right now?" in the lowest income group in June was 50 percent, it was 70 percent in the highest income group (Figure 3).

Figure 3. Shares of those who answered "Yes, regularly" to the question of "Do you smoke or did you smoke in the past?" by income groups, February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

When the February and June survey results are evaluated together, a statistically significant increase in cigarette use in women by monthly household income was remarkable, while no significant difference was observed between income groups in men.³ The probability of regular smoking among women is approximately 1.72, 1.74 and 4 times higher in the 4th, 5th and highest income groups compared to the lowest income groups, respectively. In men, on the other hand, there was no significant difference between income groups (except for the third group) (Table 1).

The February and June data show that the probability of regular smoking varied between education groups.⁴ When high school graduates and equivalent are considered as the base (reference) category, it is seen that, compared to this group, the probability of regular smoking among men is 1.5 and 1.4 times higher for primary and secondary school graduates, respectively, and less (about 0.8 times) for those who have completed higher education and above. In other words, men with higher education appear less likely to be regular smokers. Similarly, it is seen that the probability of regular smoking among women is lower (0.75 times) in those who have completed college or higher education, compared to those with high school education and below, similar to men (Table 1).

Table 1. Smoking statistics by gender, February 2022, June 2022, n=4017

	Female		Male	
	Odds Ratio	p-value	Odds Ratio	p-value
Age	1.043	0.067	1.085	0.000
Square of age	1.000	0.066	0.999	0.000
The most recently completed school				
High school and equivalent (base category)				
Primary school and below (5 years)	0.907	0.552	1.465	0.008
Secondary School (8 years)	1.144	0.472	1.393	0.024
College and above	0.754	0.046	0.792	0.049
Household monthly income				
1: TRY 4,250 and less (base category)				
2: TRY 4,251 - 5,280	1.195	0.204	1.080	0.562
3: TRY 5,281 - 7,510	1.293	0.148	1.432	0.017
4: TRY 7,511 - 10,680	1.717	0.003	1.115	0.470
5: TRY 10,681 - 22,970	1.737	0.007	1.179	0.309
6: TRY 22,971 and more	4.014	0.000	1.450	0.121
Number of observations*	2010		2007	

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

* TEPAV surveys were conducted with a total of 4017 participants, 1009 women and 1006 men in February, and 1001 women and 1001 men in June.

³ Binary logistic regression analysis was used to analyze the survey results. In the estimated regression, smoking was defined as the dependent variable (those who answered "Yes, I regularly use it" to the question of "Do you smoke or did you smoke in the past?" = 1, others = 0). Explanatory variables were determined as age, square of age, education level (base category = high school graduates and equivalent) and household monthly income (base category = an income level of TRY 4.250 and less). The "odds ratio" column shows the odds ratio of the relevant explanatory variable. It can be interpreted that if this value is greater than 1, the relevant explanatory variable increases the probability of regular smoking whereas if it is less than 1, it decreases this probability. Small p-values indicate that the impact of the relevant variable in the regression is statistically significant.

⁴ ibid., p.3

When the impact of other variables is considered, it was observed that the probability of regular smoking decreased slightly in women in June compared to February, but remained unchanged in men.⁵ By adding the June dummy variable to the model along with other variables, it was observed whether there was a general change in the probability of regular use compared to February. It is observed that the probability of regular use by women changes 0.71 times between February and June. There was no significant difference (Table 2) in the impacts of other variables compared to the previous model (Table 1).

Table 2. Regular smoking statistics by month and gender, February 2022, June 2022, n=4071

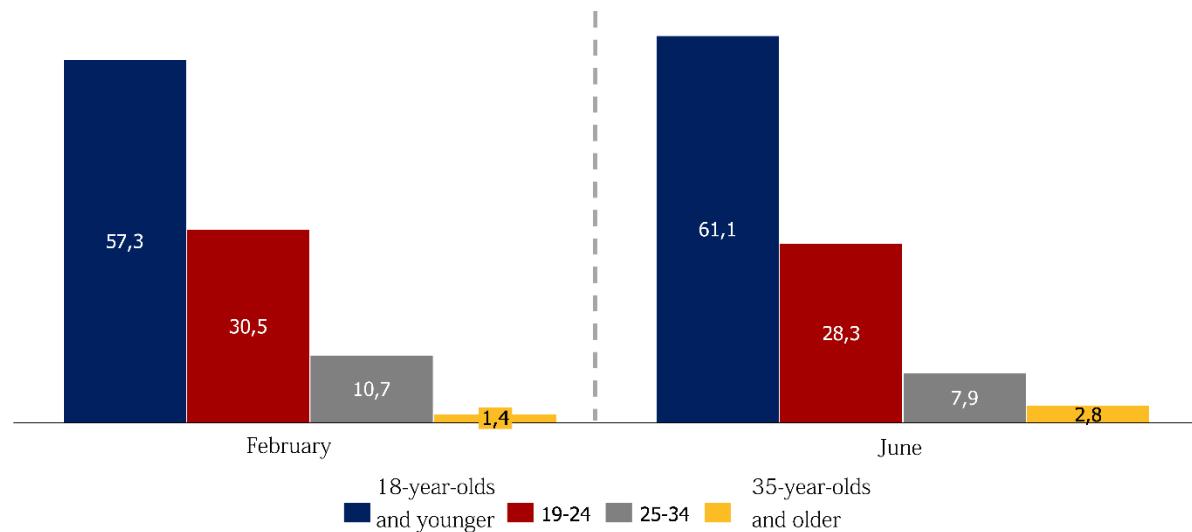
	Female		Male	
	Odds Ratio	p-value	Odds Ratio	p-value
Dummy variable for June	0.705	0.001	0.859	0.103
Age	1.047	0.049	1.084	0.000
Square of age	0.999	0.045	0.999	0.000
The most recently completed school				
High school and equivalent (base category)				
Primary school and below (5 years)	0.909	0.565	1.474	0.007
Secondary School (8 years)	1.174	0.391	1.405	0.021
College and above	0.763	0.057	0.788	0.045
Household monthly income				
1: TRY 4,250 and less (base category)				
2: TRY 4,251 - 5,280	1.179	0.244	1.073	0.597
3: TRY 5,281 - 7,510	1.256	0.203	1.438	0.016
4: TRY 7,511 - 10,680	1.611	0.010	1.124	0.437
5: TRY 10,681 - 22,970	1.655	0.014	1.185	0.295
6: TRY 22,971 and more	4.274	0.000	1.494	0.095
Number of observations*	2010		2007	

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

* TEPAV surveys were conducted with a total of 4017 participants, 1009 women and 1006 men in February, and 1001 women and 1001 men in June.

It is seen that the age to start using tobacco products in Türkiye is quite young, and this is still so in the February and June 2022 surveys, as in the 2012 and 2016 surveys. While the rate of starting smoking before the age of 18 among current smokers was 64.6 percent in 2012 and 68.7 percent in 2016 according to the GATS data, it was 57.3 percent and 61.1 percent, respectively, according to the February and June 2022 findings. It is noteworthy that although these rates have decreased since 2016, they are still close to 2012 rates and they are at a fairly high level. Both February and June data show that the distribution of age to start smoking is predominantly in the “18-year-old and younger” category; thus, the findings of the two samples confirm each other (Figure 4).

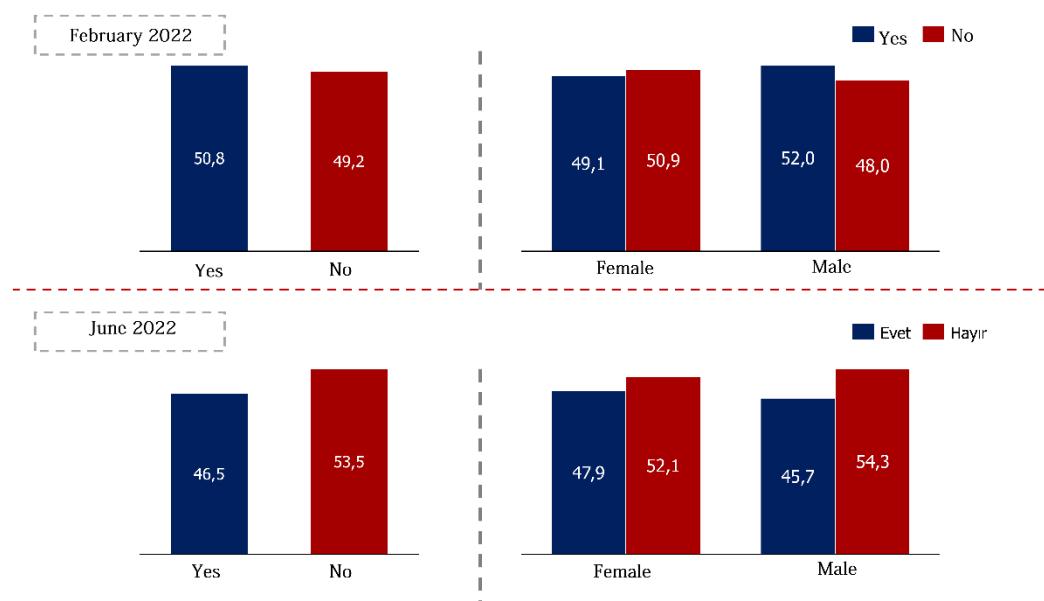
⁵ ibid., p.3

Figure 4. Age to start smoking, February 2022, June 2022, %

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

2. Quitting Tobacco Use

It was observed that about half of the smokers wanted to quit smoking, while the other half did not want to quit. While the share of users who gave an affirmative answer to the question of "Do you want to quit smoking right now?" was 50.8 percent in the February survey, this share was 49.1 percent for women and 52.0 percent for men. According to the June 2022 survey data, the share of users who wanted to quit smoking was observed as 46.5 percent, while it was 47.9 percent for women and 45.7 percent for men (Figure 5). The results of more detailed analyzes are shared in the following paragraphs.

Figure 5. Answers to the question of "Do you want to quit smoking right now?", February 2022, June 2022, %

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

It is observed that the willingness to quit is significantly lower in the top two income groups than in the lowest income groups.⁶ Apart from this, the willingness to quit does not differ significantly according to age, education level or gender. It was observed that there was no statistically significant change in the willingness to quit by months.

Table 3. Statistical variation of answers to the question of "Do you want to quit smoking right now?", (1: Yes, 0: No), February 2022, June 2022

	Odds Ratio	p-value
Age	1.041	0.092
Square of age	1.000	0.371
The most recently completed school		
High school and equivalent (base category)		
Primary school and below (5 years)	1.267	0.137
Secondary School (8 years)	1.106	0.545
College and above	0.976	0.858
Household income		
TRY 4,250 and less (base category)		0.006
TRY 4,251-5,280	1.269	0.105
TRY 5,281 - 7,510	1.040	0.816
TRY 7,511 - 10,680	0.891	0.502
TRY 10,681 - 22,970	0.686	0.046
TRY 22,971 and less	0.480	0.019
Change in June compared to February	0.871	0.195
Female dummy variant	0.927	0.489
Number of Observations	1.516	

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

* TEPAV surveys were conducted with a total of 4017 participants, 1009 women and 1006 men in February, and 1001 women and 1001 men in June. The related question was asked to the participants who said "Yes, I use it regularly" and "Yes, I use it occasionally, though not regularly".

We see that those who receive any support for quitting smoking are in the minority. Those who are currently smoking and have tried to quit in the last 12 months but have not been able to quit and those who have used tobacco products in the past and have quit have mostly used the method of "on my own, without any support". While 80.2 percent of smokers tried to quit smoking this way according to February 2022 data, this rate was 89.4 percent in June 2022. In the group of those who have used tobacco products in the past and have quit, 87.2 percent of February 2022 survey participants and 92.1 percent of June 2022 survey participants quit smoking in this way. It is seen that methods such as applying to smoking cessation clinic, getting support from a psychologist, getting support from an attending or family physician, and using a product similar to cigarettes are rarely used (Figures 6 and 7).

⁶ Binary logistic regression analysis was used to analyze the survey results. In the estimated regression, willingness to quit smoking was defined as the dependent variable (those who answered "Yes" to the question of "Do you want to quit smoking right now?" = 1, "No" = 0). Explanatory variables are as in footnote 3.

Figure 6. Answers by current tobacco users to the question of "Have you used any of the following to stop using tobacco in the last 12 months?", February 2022, June 2022, %**



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations*

(The question was asked only to the participants who answered "Yes, I use it regularly" or "Yes, I use it occasionally, though not regularly".)

Figure 7. Answers by those who have used tobacco products in the past and have quit to the question of "What method or methods have you tried to quit tobacco products?", February 2022, June 2022, %

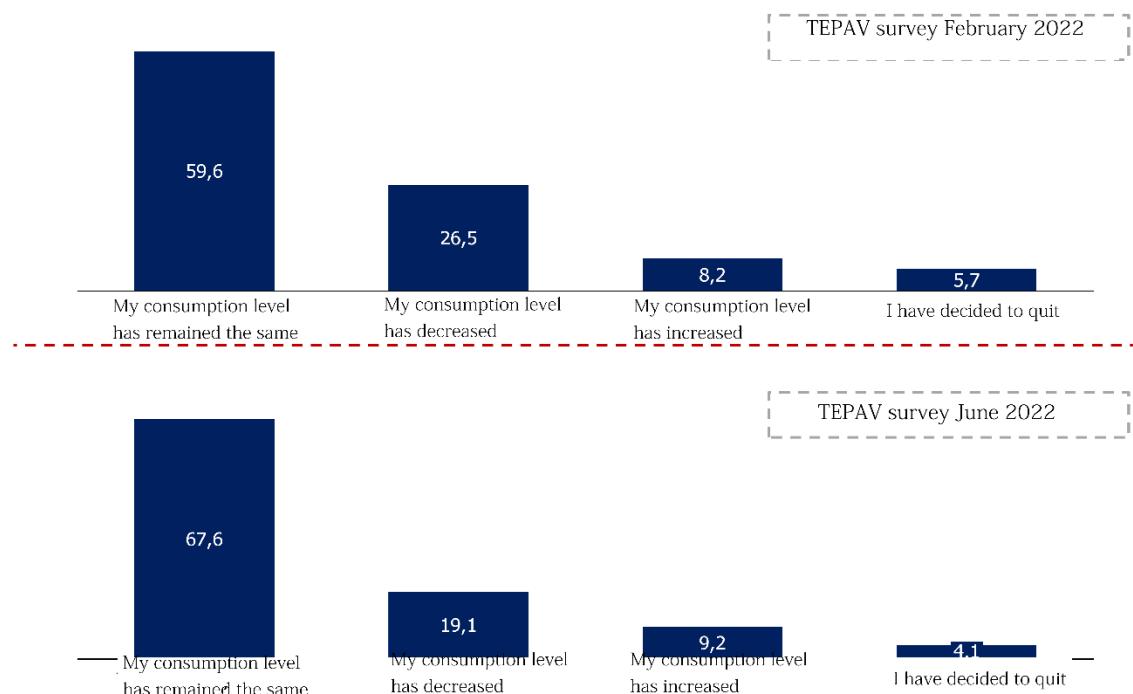


Source: TEPAV survey (February 2022, June 2022), TEPAV calculations*
(The question was asked only to the participants who had previously smoked and quit.)

3. Economy – Cigarette Packs

Despite the increasing prices with the high price hikes in cigarettes since September 2021, the findings of the June and February surveys show that the impact of these price increases on consumption was limited. When the answers given to the question of "Has the recent price increase affected your tobacco consumption?" are examined, 59.6 percent of participants of the February survey and 67.6 percent of the June survey stated that their consumption remained the same. In addition, it is seen that there is a decrease in 19.1 percent of the participants' tobacco consumption level, and an increase in 9.2 percent, whereas 4.1 percent of participants decided to quit (Figure 8).

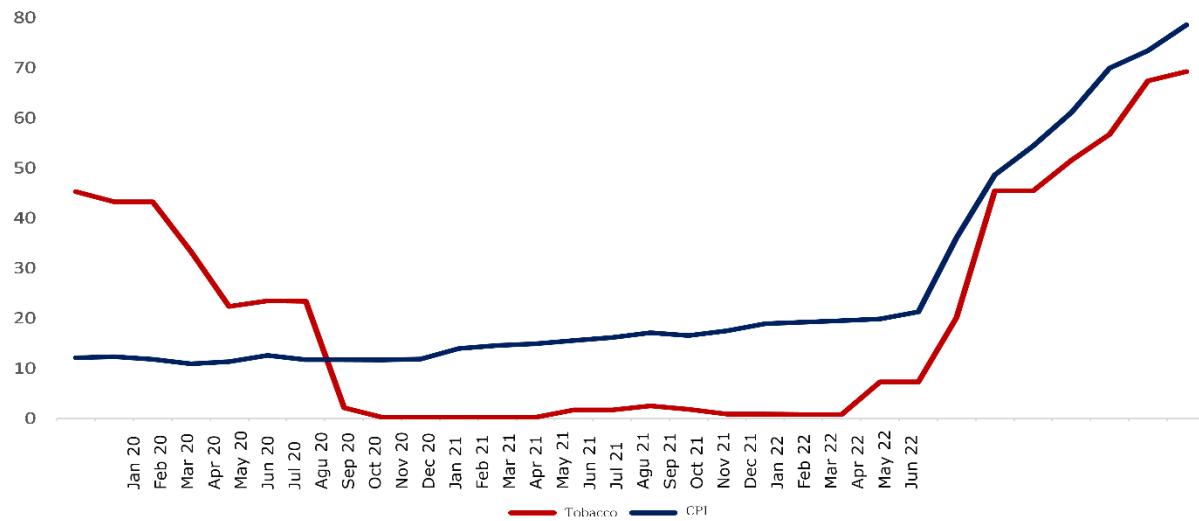
Figure 8. Answers to the question of "Has the recent price increase affected your tobacco consumption?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

In 2022, the increase in cigarette prices lagged behind the CPI increase, so the relative price of cigarettes decreased. According to the Consumer Price Index (CPI) statistics published by the Turkish Statistical Institute; as of July 2022, CPI increased by 79.6 percent compared to the same month of the previous year. In the same period, the gross minimum wage was increased by 39.9 percent from TRY 3578 to TRY 5004 for the period of January 1 - June 30, 2022. Then, it was increased again by 29.3 percent to TRY 6471 to be applied to the period of July 1 - December 31, 2022. Thus, an increase of 80 percent was recorded on an annual basis. When the price increase in tobacco products, which is one of the components of the CPI, and the CPI increase are shown on a graph, it is observed that the price increase in tobacco products has remained below the increase in the CPI since August 2020 (Figure 9). Considering that the price increase in cigarettes remained low compared to the price increase of products included in the inflation basket (for example, basic foodstuffs), it can be interpreted that cigarettes have become more reasonably priced and more affordable than other goods, so consumption has not changed much despite price increases.

Figure 9. Changes in tobacco product prices and consumer price index compared to the same month of the previous year, January 2014 – July 2022, %



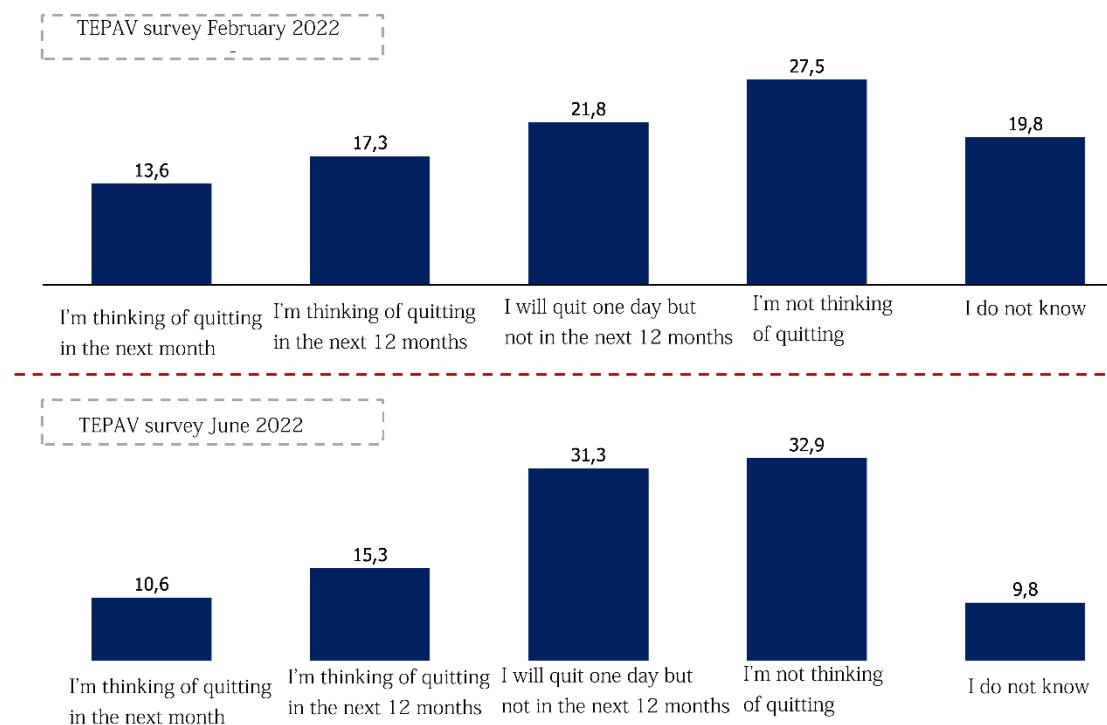
Source: TURKSTAT, TEPAV calculations

Note: In determining the prices of tobacco products, the data under the heading "Tobacco", which is one of the subgroups of the Classification of Individual Consumption According to Purpose (COICOP) used in CPI calculations, are taken as basis. Changes compared to the same month of the previous year are shown.

4. The Perception of Tobacco Users

When smokers were asked if they were planning to quit smoking, there was a dramatic increase from February to June in the share of those who stated that they were not thinking of quitting smoking. When the data in February and June are examined, we see that most of the smokers do not think of quitting smoking, that even if they do, they do not think of quitting smoking within a year, or that they do not know the answer to the question. While the decrease in the share of those who were considering quitting in the near future is noticeable in the June data compared to February, we see that the percentage of those who answered "I will quit one day but not in the next 12 months" and "I'm not thinking of quitting" increased significantly (Figure 10).

Figure 10. Answers to the question of "Which of the followings best describes your thoughts on quitting smoking?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

It is seen that a larger proportion of smokers who are more concerned about the harm of smoking to their health are considering quitting and are planning to quit in the shorter term. While 15 percent of those who are worried about the harm are considering quitting in the next month, we see that this rate is lower (around 4 percent) in those who are not worried and say "I am neither worried nor not worried". Similarly, it is observed that 20.3 percent of those who are worried about the harm are considering quitting in the next year, while these shares are lower in the other two groups (12.2 and 5.6 percent). 58.9% of those who are not worried state that they are not thinking of quitting. In this case, although it is known by the general population that smoking is harmful to health, it can be said that the connection between the level of concern about the harm and the smoking cessation plan provides an opportunity for policy development (Table 4).

Table 4. Distribution of answers to the question of "Which of the followings best describes your thoughts on quitting smoking?" and answers to the question of "Are you worried that smoking will harm your health in the future?", February 2022, June 2022, %

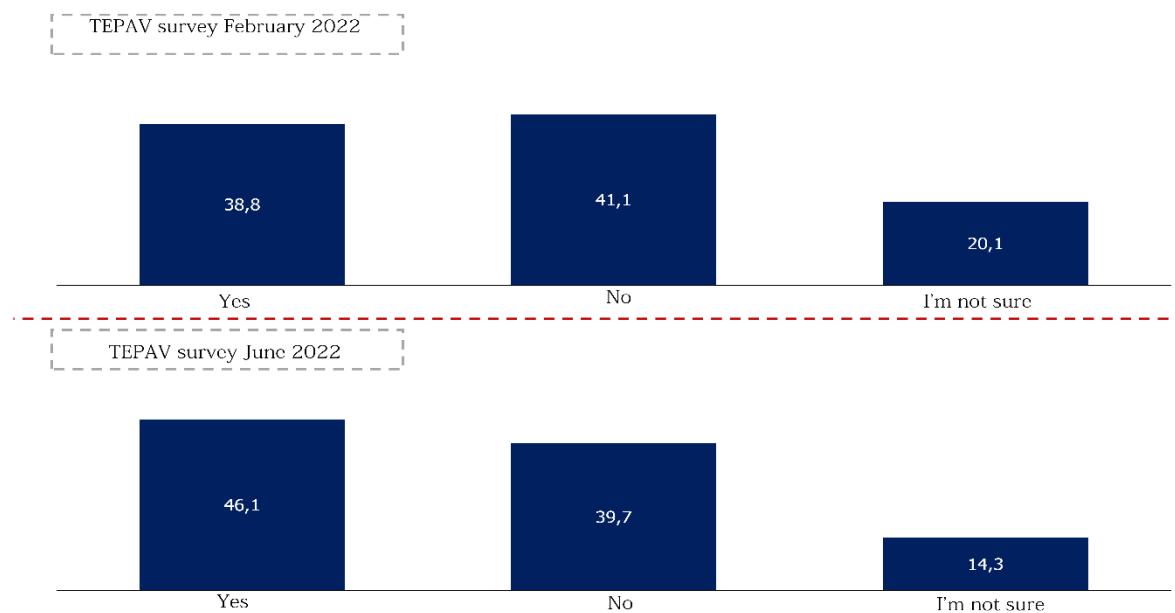
	I'm worried	I'm neither worried nor not worried	I'm not worried
I'm thinking of quitting in the next month	15,0%	4,1%	4,4%
I'm thinking of quitting in the next 12 months	20,3%	12,2%	5,6%
I will quit one day but not in the next 12 months	32,6%	35,7%	26,1%
I'm not thinking of quitting	20,8%	35,7%	58,9%
I do not know	11,3%	12,2%	5,0%
Total	100,0%	100,0%	100,0%
Number of observations*	1327		

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

* TEPAV surveys were conducted with a total of 4017 participants, 1009 women and 1006 men in February, and 1001 women and 1001 men in June. The survey on smoking consists of 469 female and 858 male participants.

46.1 percent of smokers think they can quit smoking right now if they want to. When current smokers were asked the question of "Do you think you can quit smoking right now if you want to?", 38.8 percent stated in the February survey that they could quit. In the June survey, we see that this rate increased by 7.3 percent compared to February and reached 46.1 percent (Figure 11).

Figure 9. Answers to the question of "Do you think you can quit smoking right now if you want to?", February 2022, June 2022, %



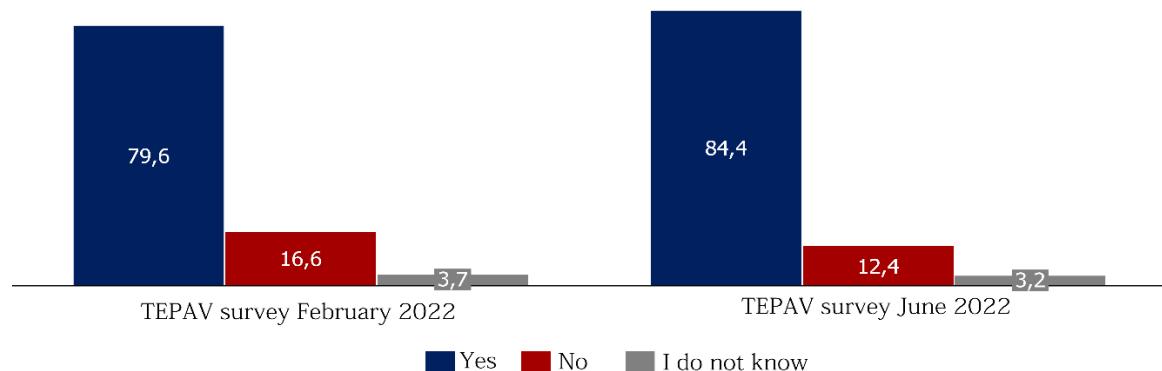
Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

However, 30.6 percent of those who thought they could quit smoking right now if they wanted to were able to stay away from smoking for a maximum of 1 week in their last quit attempt. According to June 2022 data, 24.2 percent of those who thought they could quit smoking whenever they wanted, could stay away from smoking for 1-4 weeks, and 24.2 percent could stay away from smoking for 1-3 months. Only 11.3 percent of those who thought that they could quit smoking whenever they wanted to stated that they could stay away from smoking for a period of 6 months to 1 year. These data indicate that people's beliefs that they can quit smoking do not coincide with the actual situation.

5. Illicit Use

The percentage of those who stated that there was no tax stamp on the products they bought was lower in June than in February. While the share of those who stated that there was no tax stamp on the products they bought was 16.6 percent in February, it was 12.4 percent in June. It was observed that the share of those who stated they used products with a tax stamp was 79.6 percent in February and 84.4 percent in June. It can be interpreted that there was no decrease in the use of products with banderole despite the increase in cigarette prices, both due to the fact that the price increases for cigarettes remained lower than the other products in the TURKSTAT inflation basket, thus cigarettes became cheaper compared to other products, and due to the loyalty to the usual products and brands.

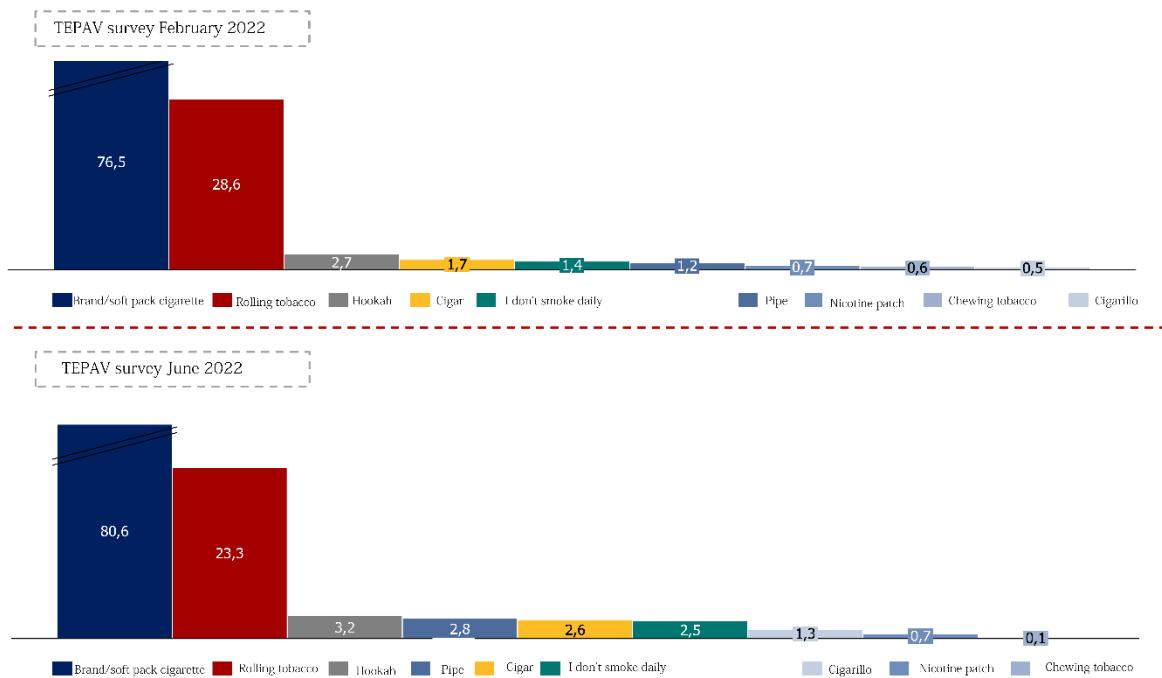
Figure 10. Answers to the question of "Was there a tax stamp on the products you bought?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

The vast majority of tobacco users stated that the tobacco product they used daily under normal conditions was brand/packed cigarettes, which is consistent with the 2012 and 2016 GATS results. In addition, 28.6 percent of tobacco users in February and 23.3 percent in June stated that they regularly used rolling tobacco every day. It is noteworthy that there was significant decrease in the share of rolling tobacco users according to the Pearson chi-square statistics.

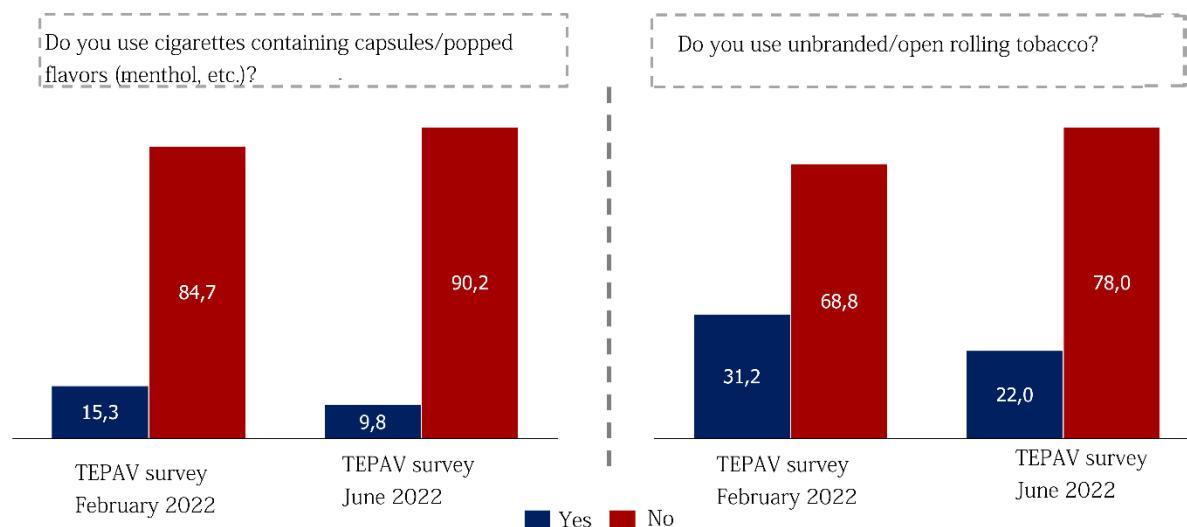
Figure 11. Answers to the question of "Which of the following products do you normally use every day?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

The questions asked to detect the use of illicit products show that there is a substantial proportion of smokers that use products such as unbranded/open rolling tobacco and cigarettes containing capsule/popped flavors. However, a statistically significant decrease was observed in the share of unbranded/open rolling tobacco users from February to June. While 31.2 percent of users stated that they used unbranded/open rolling tobacco in February, this rate decreased by 9.2 points to 22 percent in June. While 15.3 percent of users stated that they used capsule/popped cigarettes in February, this rate was 9.8 percent in June.

Figure 12. Answers to the questions of "Do you smoke unbranded/open-rolling tobacco and cigarettes containing capsules/popped flavors?", February 2022, June 2022, %

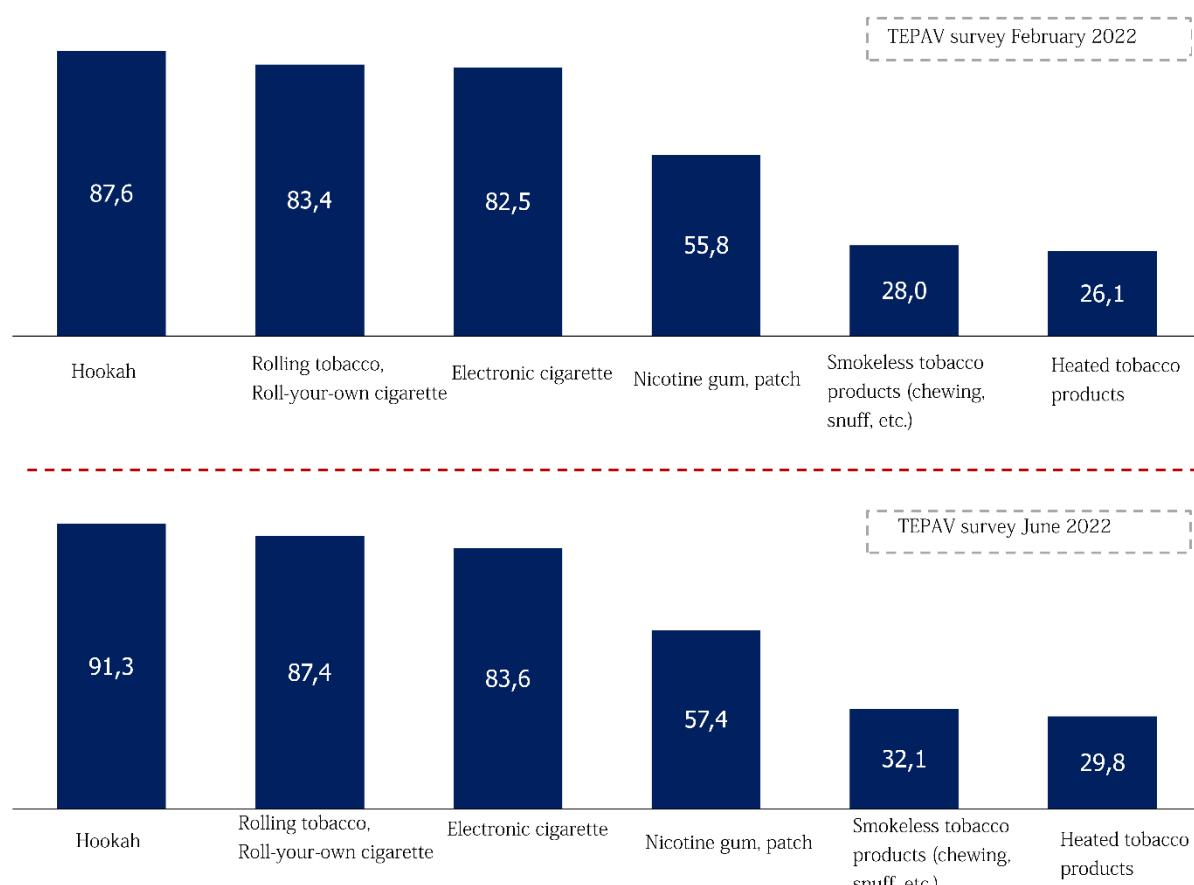


Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

6. Knowledge, Attitude and Perception

Although hookah and rolling tobacco are the most well-known tobacco products other than cigarettes, the rate of awareness of other tobacco products is increasing. Participants were asked which tobacco products they had seen or heard of. While there is an increase in the awareness of all listed tobacco products compared to the February survey, the increase in the rate of having heard/seen hookah, rolling tobacco, heated tobacco products and smokeless tobacco products is statistically significant (Figure 15).

Figure 13. Answers to the question of "Have you seen/heard of the following products?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

It is seen that awareness of electronic cigarettes varies according to age, education level and household income, and awareness is positively related to these variables.⁷ We can say that those who state that they have heard or seen these products are generally in the higher age groups, have a higher income and education level. We see that women's awareness increases significantly as the level of education increases. When high school graduates and equivalent graduates are considered as the base category, we see that the probability of awareness in women with lower education is much lower (odds ratios: 0.3 and 0.6) compared to high school graduates, while it is 1.5 times higher in those with a college or higher education level than high school graduates. We can say that the probability of having heard or seen electronic cigarettes increases with the increase in income level in both women and men, and that although a significant impact is not predicted for some income groups, the probability of awareness is 1.5-2 times higher in higher income groups compared to the lowest income group. Finally, it can be said that there is no general difference between the February-June surveys in terms of electronic cigarette awareness.

⁷ Binary logistic regression analysis was used to analyze the survey results. In the estimated regression, awareness of electronic cigarette was defined as the dependent variable (those who answered "Yes" to the question of "Have you heard/seen electronic cigarettes?" = 1, "No" = 0). Explanatory variables are as in footnote 3.

Table 5. Logistic regression analysis of the answers to the following question: “Have you heard/seen electronic cigarettes?”, (1: Yes, 0: No), February 2022, June 2022, n=4017

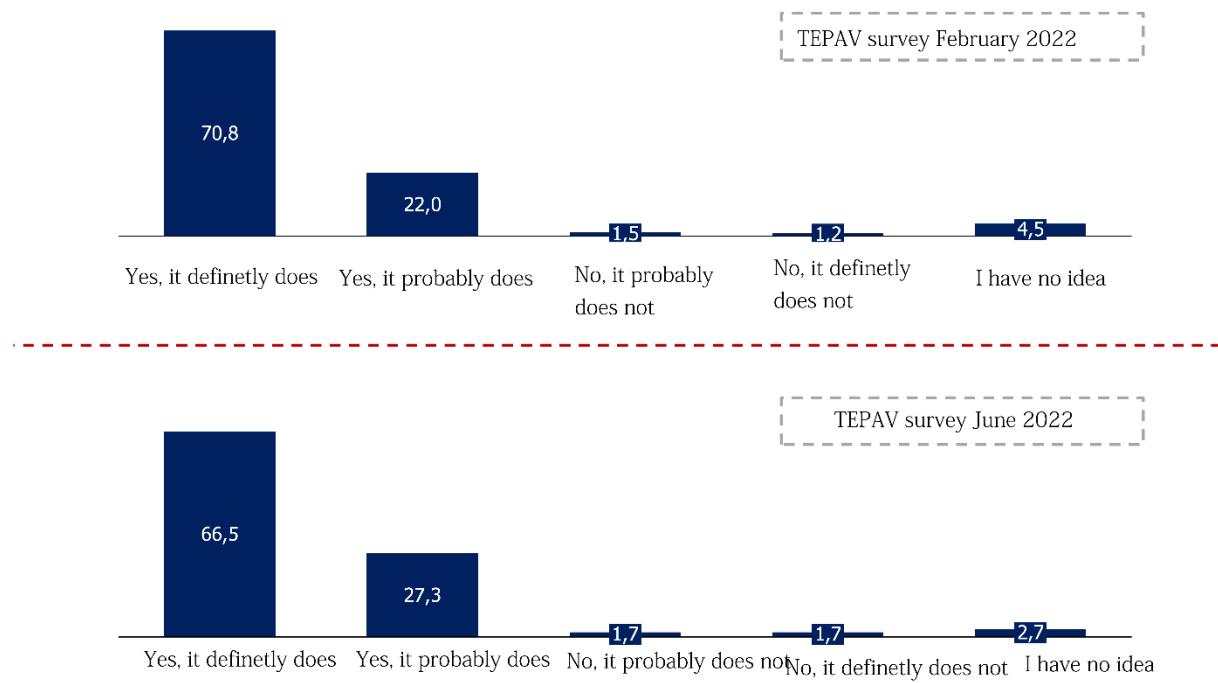
	Female		Male	
	Odds Ratio	p-value	Odds Ratio	p-value
Age	1.073	0.003	1.039	0.111
Square of age	0.999	0.008	0.999	0.041
The most recently completed school				
High school and equivalent (base category)				
Primary school and below (5 years)	0.302	0.000	0.463	0.000
Secondary School (8 years)	0.583	0.008	0.484	0.000
College and above	1.506	0.020	0.885	0.534
Household monthly income				
1: TRY 4,250 and less (base category)				
2: TRY 4,251 -5,280	1.605	0.001	1.787	0.002
3: TRY 5,281 - 7,510	1.441	0.062	1.743	0.014
4: TRY 7,511 - 10,680	1.652	0.028	1.969	0.004
5: TRY 10,681 - 22,970	3.415	0.000	1.592	0.055
6: TRY 22,971 and more	2.944	0.148	3.050	0.021
Change in June compared to February	1.146	0.248	1.052	0.709
Number of observations*	2010		2007	

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

* TEPAV surveys were conducted with a total of 4017 participants, 1009 women and 1006 men in February, and 1001 women and 1001 men in June.

It is also seen in the survey results conducted in June 2022 that there is no significant change in the perception level of the harm of smoking on health in Türkiye over time, and that the majority of adults think that smoking is harmful. It is certain for 66.5 percent of participants and probable for 27.3 percent that smoking will cause a serious illness. While the share of those who think that smoking will definitely or probably cause a serious illness is 92.8 percent in the February data, it is 93.8 percent in the June data, which is comparable to February. It is noteworthy that the perception and awareness of the harmfulness of cigarettes was high; however, the willingness to quit remained at the level of 50.8 percent in February and 46.5 percent in June.

Figure 14. Answers to the question of "Do you think smoking causes serious illness?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

Awareness that smoking causes serious illness appears to be associated with users' planning to quit smoking and planning to quit soon. 11.4 percent of users who think that smoking causes a serious illness state that they are thinking of quitting smoking in the next month, and 16.5 percent in the next 12 months. Among those who think that smoking will not cause a serious illness, both rates are quite low (2.4 percent). In this second group, 59.5 percent of users stated that they were not thinking of quitting smoking (table 6).

Table 6. Distribution of answers to the question of "Which of the followings best describes your thoughts on quitting smoking?" and answers to the question of "Do you think smoking causes a serious disease such as lung cancer?", February 2022, June 2022, %

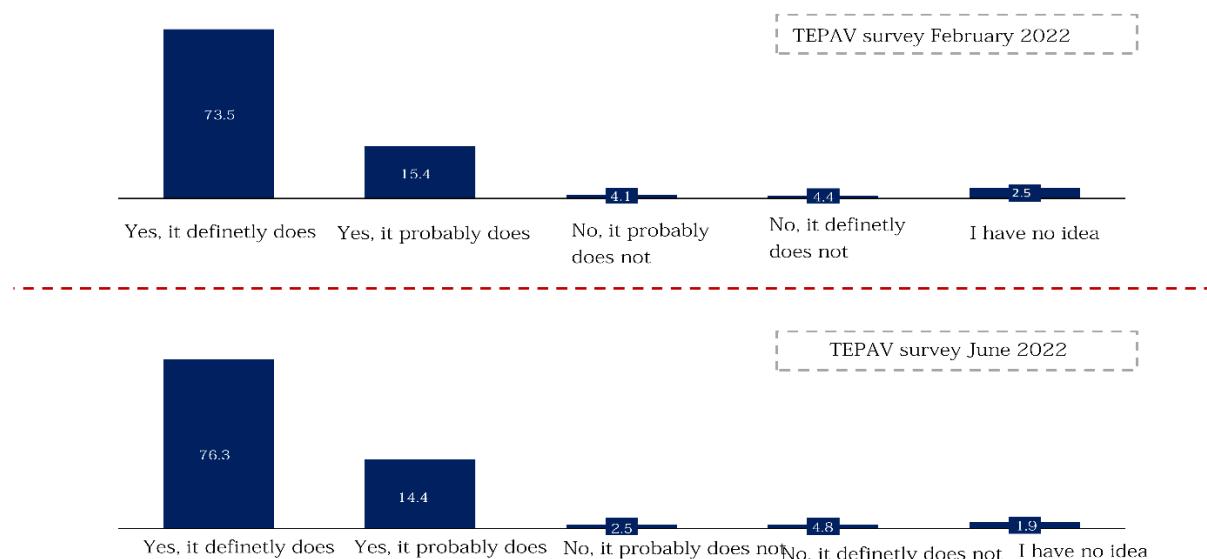
	Yes, it does	No, it does not	I have no idea
I'm thinking of quitting in the next month	11,4%	2,4%	
I'm thinking of quitting in the next 12 months	16,5%	2,4%	
I will quit one day but not in the next 12 months	31,4%	33,3%	21,4%
I'm not thinking of quitting	30,8%	59,5%	50,0%
I do not know	9,8%	2,4%	28,6%
Total	100%	100%	100%
Number of observations*		1327	

Source: TEPAV survey (February 2022, June 2022), TEPAV calculations

* TEPAV surveys were conducted with a total of 4017 participants, 1009 women and 1006 men in February, and 1001 women and 1001 men in June. Smokers consisted of 469 female and 858 male participants.

A clear majority of the participants believe that smoking is addictive. The share of those who stated that smoking is definitely addictive was 73.5 percent in the February survey and 76.3 percent in the June survey. It was observed that the share of those who believed that smoking is definitely or probably addictive was 88.9 percent in February and 90.7 percent in June. The level of awareness and perception that smoking is addictive is high.

Figure 15. Answers to the question of "Do you believe that smoking is addictive?", February 2022, June 2022, %



Source: TEPAV survey (February 2022, June 2022), TEPAV calculations