

# Supplementary Materials: Knowledge and Perceptions about Nicotine, Nicotine Replacement Therapies and Electronic Cigarettes among Healthcare Professionals in Greece

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## Survey Questionnaire

The questions and correct answers used to calculate the knowledge score are marked with red color letters.

### 1. Age

### 2. Gender

- Woman
- Male

### 3. Occupation

- Nurse
- General practitioner
- Cardiologist
- Dentist
- Internist
- Pediatrician
- Respiratory physician

### 4. Working sector

- Public sector
- Private sector

### 5. How long (years) have you been working as a nurse or a physician?

### 6. Please report your perceived level of knowledge about smoking.

- Very high
- Fairly high
- Moderate
- Low

### 7. How often do you see patients who smoke in your working environment?

- Daily
- Less than daily, but at least 3 days per week
- 1–2 days per week
- Less than 1 day per week

### 8. Do you currently smoke?

- Yes
- No

**8a. (only for those who are current smokers)**

Do you seriously consider quitting smoking in the near future?

- Yes
- No

**9. Have you ever smoked in the past?**

- Yes
- No

**9a (only for those who have smoked in the past)**

**How did you quit smoking?**

- By using oral medications
- By using nicotine replacement therapies (patch, chewing gum, spray, *etc.*)
- By using systematic psychological support
- By using other methods (acupuncture, hypnotherapy, *etc.*)
- Without using any aid

**10. Based on your opinion/knowledge, please score the health risk of each of the following products from 1 (lowest risk) to 10 (highest risk).**

- Tobacco cigarettes
- Snus
- Electronic cigarettes
- Nicotine replacement therapies
- Oral smoking cessation medications (varenicline, bupropion)

**11. Based on your opinion/knowledge, please score the health risk of each of the following components of tobacco cigarettes from 1 (lowest risk) to 10 (highest risk).**

- Nicotine
- inhaled smoke
- Carbon monoxide
- Tar
- Tobacco

**12. Based on your opinion/knowledge, what is the contribution of nicotine to the development of smoking-related diseases?**

- Extremely important
- Very important
- Important
- Less important
- Minimal

**13. Based on your opinion/knowledge, what is the contribution of nicotine to the development of smoking-related lung cancer?**

- Extremely important
- Very important
- Important
- Less important
- Minimal

**14. Based on your opinion/knowledge, what is the contribution of nicotine to the development of smoking-related cancer in other organs (besides the lungs, e.g., urinary bladder, pancreas, gastrointestinal tract, etc.)?**

- Extremely important
- Very important
- Important
- Less important
- **Minimal**

**15. Based on your opinion/knowledge, what is the contribution of nicotine to the development of smoking-related atherosclerosis in coronary and peripheral arteries?**

- Extremely important
- Very important
- Important
- Less important
- **Minimal**

**16. Compared to smoking, you consider the health risk of nicotine replacement therapies:**

- Higher
- Equal
- **Lower**
- Do not know

**17. Compared to smoking, you consider the dependence potential of nicotine replacement therapies:**

- Higher
- Equal
- **Lower**
- Do not know

**18. What is the approximate success rate of nicotine replacement therapies in smoking cessation according to the literature?**

- Over 50% at 1 year follow-up
- 30%–50% at 1 year follow-up
- 10%–30% at 1 year follow-up
- **Less than 10% at 1 year follow-up**

**19. Nicotine in nicotine replacement therapies is:**

- **Extracted from tobacco**
- Synthetically produced

**20. Do you believe that long-term (>6 months) use of nicotine replacement therapies to reduce or quit smoking is relatively safe?**

- **Yes**
- No

**21. Would you recommend the long-term (>6 months) use of nicotine replacement therapies for those who cannot reduce or quit smoking with short-term use?**

- Yes
- No

**22. Compared to smoking, you consider the health risk of electronic cigarettes:**

- Higher
- Equal
- Lower
- Do not know

**23. Compared to smoking, you consider the dependence potential of electronic cigarettes:**

- Higher
- Equal
- Lower
- Do not know

**24. Nicotine in electronic cigarettes is:**

- Extracted from tobacco
- Synthetically produced

**25. Would you recommend electronic cigarettes as a substitute for smoking to smokers who refuse to take medications for smoking cessation?**

- Yes
- No

**26. Would you recommend electronic cigarettes to smokers who failed to quit with other methods?**

- Yes
- No

**27. Which of the following are correct concerning electronic cigarette?**

- They contain tobacco
- There is combustion
- E-liquid ingredients are approved for inhalation
- Working temperature in electronic cigarettes is lower than in tobacco cigarettes
- They have official quality certificates
- There are electronic cigarettes without nicotine

**28. Do you consider e-cigarettes effective in substituting smoking?**

- Yes
- No

**29. What do you think regulation on electronic cigarettes should include? (You can select more than one answer)**

- To be available only through prescription
- To ban nicotine
- To ban flavors
- To ban sales to youngsters (<18 years)
- To prohibit the use in public places
- To be licensed as medicinal products
- To be sold only in pharmacies
- To reduce the variability of products on the market
- To ban advertising or promoting them as substitutes for smoking
- To include a warning that they are equally harmful to smoking

**30. Do you know the European Union regulatory framework on electronic cigarettes?**

- Yes
- No



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