



Physician Attitudes and Communication of Tobacco Use and Treatment

Instructions

Thank you for taking time to complete this important survey. Your opinions and experiences are extremely valuable and will help us to conduct a comprehensive assessment of tobacco dependence treatment. The questions primarily address smoking cessation and tobacco use, including emerging products like electronic cigarettes and should take less than 15 minutes to complete.

1. Do you have direct health care contact with adult patients in your outpatient practice?

₁ Yes

₂ No → Please  here and return survey in the self-addressed stamped envelope.

2. Please indicate how frequently you do the following in your outpatient practice by circling your choice.

	Never	Rarely	Some of the Time	Most of the Time	Always
Ask your patients if they smoke	1	2	3	4	5
Advise smokers to stop smoking	1	2	3	4	5
Ask smokers if they are interested in quitting	1	2	3	4	5
Encourage smokers to set a quit date	1	2	3	4	5
Discuss medication options, such as nicotine replacement, Zyban® (Bupropion SR) or Chantix® (Varenicline)	1	2	3	4	5
Refer for smoking cessation treatment	1	2	3	4	5
Follow-up with a letter, call, or visit about their smoking	1	2	3	4	5

3. Please indicate the extent to which you agree or disagree that the following are barriers for you in providing smoking cessation treatment by circling your choice.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
Lack of time during patient visit	1	2	3	4
Patient's resistance to cessation messages	1	2	3	4
No or limited provider reimbursement	1	2	3	4
Lack of community resources for referral	1	2	3	4
Cost of cessation treatment to the patient (e.g. medication, counseling programs)	1	2	3	4
Lack of training or experience in smoking cessation	1	2	3	4
Competing priorities in the visit (e.g. acute illness)	1	2	3	4
Patient's disinterest in pharmacotherapy	1	2	3	4

4. Please indicate how effective you believe the following methods are in helping smokers quit cigarettes by circling your choice.

	Not at all Effective	Minimally Effective	Somewhat Effective	Very Effective
Nicotine Patch	1	2	3	4
Nicotine Gum	1	2	3	4
Nicotine Lozenge	1	2	3	4
Nicotine Oral Inhaler (Nicotrol®)	1	2	3	4
Nicotine Nasal Spray (Nicotrol®)	1	2	3	4
Zyban® (Bupropion SR)	1	2	3	4
Chantix® (Varenicline)	1	2	3	4
Electronic cigarettes (e-cigarettes)	1	2	3	4
Combination of two or more cessation medications	1	2	3	4
E-cigarettes in combination with cessation medication	1	2	3	4
Cutting back on number of cigarettes smoked per day	1	2	3	4

5. Please indicate the extent to which you agree or disagree that nicotine directly contributes to the development of the following health problems by circling your choice.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
Birth defects	1	2	3	4
Cardiovascular disease	1	2	3	4
Cancer	1	2	3	4
Depression	1	2	3	4
COPD	1	2	3	4

6. Have your patients ever asked you about e-cigarettes?

- ₁ Yes
₂ No

If YES →

6.a. Have any of your patients asked you about e-cigarettes in the past 30 days?

- ₁ Yes
₂ No

7. Have you ever recommended to a smoker they should switch to e-cigarettes?

- ₁ Yes
₂ No

If YES →

7.a. Have you recommended to a smoker they should switch to e-cigarettes in the past 30 days?

- ₁ Yes
₂ No

For the next two questions, please read each scenario and indicate which message or messages MOST CLOSELY describes what you would communicate to the patient.

8. A 29 year old female cigarette smoker, who smokes 10 cigarettes per day, and has never tried any cessation medications or behavioral counseling for tobacco use, asks you about e-cigarettes to help them quit smoking. In addition to advising her of the importance of quitting, you would do which of the following: Please check all that apply.

- ₁ Encourage her to try e-cigarettes to transition off of smoking cigarettes
- ₂ Communicate that you prefer her to use FDA-approved pharmacotherapy rather than e-cigarettes to help them stop smoking
- ₃ Communicate that e-cigarettes are not effective for cessation and discourage their use
- ₄ Communicate that e-cigarettes are harmful and discourage their use

9. A 65 year old male cigarette smoker, who smokes 40 cigarettes per day, and has had multiple unsuccessful quit attempts with various FDA-approved cessation medications with behavioral counseling for tobacco use, asks you about e-cigarettes to help them quit smoking. In addition to advising him of the importance of quitting, you are likely to do which of the following: Please check all that apply.

- ₁ Encourage him to try e-cigarettes to transition off of smoking cigarettes
- ₂ Communicate that you prefer him to use FDA-approved pharmacotherapy rather than e-cigarettes to help them stop smoking
- ₃ Communicate that e-cigarettes are not effective for cessation and to discourage their use
- ₄ Communicate that e-cigarettes are harmful and discourage their use

10. Harm reduction is being debated in the context of cigarette smoking with some people believing smokers will benefit from switching to non-combustible products while others believe the only approach is complete cessation from all tobacco products. Which of the following best represents your beliefs?

- ₁ All forms of tobacco are equally harmful and cessation from all tobacco is the best approach
- ₂ Cigarettes are the most dangerous tobacco product, getting smokers to stop smoking cigarettes should be the goal, even if it means switching to less harmful forms of tobacco

11. Please indicate the extent to which you agree or disagree with the following statements about e-cigarettes by circling your choice.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
E-cigarettes should be available by prescription only	1	2	3	4
Flavors in e-cigarettes should be banned	1	2	3	4
E-cigarette use should be prohibited in public places	1	2	3	4
E-cigarettes should have warnings that they are as harmful as cigarettes	1	2	3	4
E-cigarette use reduces the risk of tobacco-caused disease	1	2	3	4
E-cigarettes help people quit smoking cigarettes	1	2	3	4
E-cigarettes are safer than regular cigarettes	1	2	3	4
E-cigarettes are less addictive than cigarettes	1	2	3	4
E-cigarettes are not safe	1	2	3	4
More evidence is needed demonstrating the effectiveness of e-cigarettes for cessation	1	2	3	4
I am very confident in my ability to answer questions about e-cigarettes from patients	1	2	3	4

12. Please indicate whether you have been informed about e-cigarettes from any of the following sources by circling “Yes” or “no” for each.

	Yes	No
Local live lectures (e.g., Grand rounds)	Yes	No
On-line programs (e.g., webinars)	Yes	No
Conferences	Yes	No
Medical journals and other CME materials	Yes	No
Newspaper	Yes	No
TV News	Yes	No
Radio News	Yes	No
Internet news feeds	Yes	No
Internet sites	Yes	No
Social media (Twitter, Facebook)	Yes	No
E-cigarette advertisements	Yes	No

13. What are the top three medical journals that you read regularly?

- 1 _____
- 2 _____
- 3 _____

14. How old are you? _____

15. What is your gender?

- ₁ Female
- ₂ Male

14. Which of the following best describes your race/ethnicity?

- ₁ White, Non-Hispanic
- ₂ Black/African American, Non-Hispanic
- ₃ Hispanic
- ₄ Asian/Pacific Islander
- ₅ South Asian
- ₆ Other _____

15. What year did you complete undergraduate medical education? _____
Year

16. Did you complete your medical education in the United States?

- ₁ Yes
- ₂ No

17. What is your primary medical specialty?

- ₁ Cardiology
- ₂ Family Medicine
- ₃ Internal Medicine
- ₄ Ob/Gyn
- ₅ Oncology
- ₆ Pulmonary

18. What percent of your work time is spent providing direct patient care? _____ %
Percent

19. Which of the following best describes your practice?

- ₁ Solo
- ₂ Group- single specialty
- ₃ Multispecialty
- ₄ Employed by hospital or other healthcare organization
- ₅ Employed by a Federal or State agency
- ₆ Other _____

20. Please check the response that best describes your experience with the Public Health Service Clinical Practice Guideline: Treating Tobacco Use and Dependence (2008).

- ₁ Have never heard of these guidelines
- ₂ Have heard of these guidelines, but have not read them
- ₃ Have read these guidelines, but have not used them
- ₄ Have used these guidelines

21. Have you smoked at least 100 cigarettes in your life?

- ₁ Yes
- ₂ No

22. Have you ever tried an e-cigarette?

- ₁ Yes
- ₂ No

23. Have you had any training in smoking cessation treatment?

- ₁ Yes
- ₂ No

24. Would you be interested in receiving training in smoking cessation treatment?

- ₁ Yes
- ₂ No

**Thank you very much for your time.
Please return your completed survey in the self-addressed
stamped envelope.**

If you misplaced the self-addressed stamped envelope, please return the survey to:

**Rutgers School of Public Health
683 Hoes Lane West, Room 306
Piscataway, NJ 08854**

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