

# Questionnaire

This study has obtained ethical approval from the IRB committee at the university of Jordan (JU), and is conducted under the supervision of Dr. Sireen Alkhaldi.

## Section 1

The data in this study will only be used by authorised persons . Do you agree to participate in this study?

Yes

No

What is your medical study year?

1 2 3 4 5 6

Age?

Gender?

Male

Female

Total family income (monthly in JOD)?

<500

500-1000

1000-2000

>2000

Are you a smoker or ex-smoker(any form of smoking)?

Yes

No

Was it:

One attempt

Daily

Weekly

Monthly

Every other day

At which age did you first start or attempt any form of smoking?

<10

11-14

15-17

18-21

22-25

26+

**What type of smoking do you smoke mostly ?**

Cigarette

Vape

Waterpipe

**If you are a former or still a smoker ,How many cigarettes did you smoke per day?**

\*Note that every waterpipe session is equivalent to around 40 cigarettes

And every vape/juul pod is around 20 cigarettes\*

<5

5-10

10-15

15-20

20-30

>30

**Did you first attempt to smoke before or after enrolling in medical school ?**

Before

After

**If after enrolling, at which medical year did you start smoking?**

1 2 3 4 5 6

**Which one of these played a role in your smoking initiation?**

**Influence of friends and family**

Yes

No

**Time mismanagement + Poor exam prep**

Yes

No

**Poor Sleep (<5 Hours / day)**

Yes

No

**Bad Dietary Habit + Physical inactivity**

Yes

No

**Live without family**

yes

No

**Feeling of independency**

Yes

No

**Stress Relief**

Yes

No

**I smoke more during exam times**

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

**I smoke more in break times during hospital rotation**

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

**I like to smoke in college**

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

**I like to smoke when i wake up**

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

**I like to smoke before i sleep**

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

Smoking helps me memorise and concentrate

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

I think smoking is increasingly common in medical school society

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

I think smoking should be abandoned in public areas

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

I think doctors should not smoke

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

I think doctors should follow a healthy lifestyle

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

I think doctors should be an example for patients and the public community

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

I support conducting a university based programme to help quit smoking

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

Which personality trait do you think is more likely to smoke?

Sociability (willing to talk and engage in activities with other people) (اختلاطية إجتماعية)

More likely

Less likely

Responsibility (morally accountable, reliable) (مسؤولية)

More likely

Less likely

Dominance (ability to assume a leading role) (مسيطر)

More likely

Less likely

Masculinity (having qualities or an appearance traditionally associated with men)

(رجولي)

More likely

Less likely

Impulsiveness (The tendency to act without thinking) (مندفع, متهور)

More likely

Less likely

Answer these questions based on your knowledge:

Smoking is harmful.

Yes

No

Most of smokers have bad lifestyle

Yes

No

**Smoking is associated with more medical school dropout and poor academic performance among smokers**

**Yes**

**No**

**E cigarettes are less harmful than usual cigarettes.**

**Yes**

**No**

**All smoking forms are addictive**

**Yes**

**No**

**Tobacco from smoke remains on clothes of smoker and clothes of surrounding people**

**Yes No**

**Smoking helps relieve stress**

**Yes**

**No**

**Web Appendix Table A1: Differences in basic smoking features and daily habits among medical students in a cross-sectional study at the University of Jordan (2023–2024, N=394), stratified by gender.**

Factor	Group	Gender		P	Test used
		Female	Male		
n		205	189		
At which age did you first attempt smoking (%)	<10	0 (0.0)	3 (4.1)	0.01	**
	11 - 14	4 (9.3)	22 (30.1)		
	15-17	20 (46.5)	24 (32.9)		
	18-21	18 (41.9)	23 (31.5)		
	22-25	1 (2.3)	1 (1.4)		
attempted to smoke before or after enrolling in medical school (%)	After	14 (32.6)	21 (28.8)	0.67	*
	Before	29 (67.4)	52 (71.2)		
If after enrolling, at which medical year did you start smoking (%)	1	5 (35.7)	13 (61.9)	0.13	***
	2	4 (28.6)	4 (19.0)		
	3	2 (14.3)	1 (4.8)		
	4	1 (7.1)	3 (14.3)		
	5	1 (7.1)	0 (0.0)		
	6	1 (7.1)	0 (0.0)		
How many cigarettes did you smoke per day	<5	16 (37.2)	16 (21.9)	0.003	**
	5-10	13 (30.2)	8 (11.0)		
	10-15	6 (14.0)	16 (21.9)		
	15-20	4 (9.3)	16 (21.9)		
	20-30	1 (2.3)	13 (17.8)		
	>30	3 (7.0)	4 (5.5)		
I like to smoke before I sleep (%)	Strongly Disagree	9 (20.9)	7 (9.6)	0.26	**
	Disagree	14 (32.6)	14 (19.2)		
	Neutral	6 (14.0)	16 (21.9)		
	Agree	8 (18.6)	22 (30.1)		
	Strongly Agree	6 (14.0)	14 (19.2)		
I like to smoke in college (%)	Strongly Disagree	13 (30.2)	8 (11.0)	0.007	**
	Disagree	7 (16.3)	8 (11.0)		
	Neutral	10 (23.3)	14 (19.2)		
	Agree	9 (20.9)	24 (32.9)		
	Strongly Agree	4 (9.3)	19 (26.0)		
I like to smoke when I wake up (%)	Strongly Disagree	12 (27.9)	8 (11.0)	0.001	**
	Disagree	13 (30.2)	12 (16.4)		
	Neutral	5 (11.6)	12 (16.4)		
	Agree	8 (18.6)	18 (24.7)		
	Strongly Agree	5 (11.6)	23 (31.5)		
I smoke more during exam times (%)	Strongly Disagree	5 (11.6)	3 (4.1)	0.01	**
	Disagree	6 (14.0)	4 (5.5)		
	Neutral	5 (11.6)	9 (12.3)		
	Agree	14 (32.6)	18 (24.7)		
	Strongly Agree	13 (30.2)	39 (53.4)		
I smoke more in break times during hospital rotation (%)	Strongly Disagree	8 (18.6)	11 (15.1)	0.122	**

	<b>Disagree</b>	<b>6 (14.0)</b>	<b>7 (9.6)</b>
	<b>Neutral</b>	<b>20 (46.5)</b>	<b>25 (34.2)</b>
	<b>Agree</b>	<b>3 (7.0)</b>	<b>15 (20.5)</b>
	<b>Strongly Agree</b>	<b>6 (14.0)</b>	<b>15 (20.5)</b>

\* Pearson's chi square test

\*\*Cochrane-Armitage trend test

\*\*\*Mann-Whitney U test

**Web Appendix Table A1:** *Differences in basic smoking features and daily habits among medical students in a cross-sectional study at the University of Jordan (2023–2024, N=394), stratified by gender.*

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