



Parental smoking next to children: perceived effects, protective actions, and changes-a qualitative pilot study

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Background

- harmfulness of secondhand (SHS) and thirdhand smoke (THS) [1-3]
 - 50.8% children exposed to tobacco smoke at home in Hong Kong [4]
 - live 2/3 of smoking fathers, 1/6 of smoking mothers in Hong Kong [4]
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Objectives

- To explore children's perceived effects of SHS and THS exposure at home on themselves.
 - To investigate parents' perceived effects of SHS and THS exposure at home on their children.
 - To determine the efforts made to protect children from SHS and THS exposure at home.
 - To investigate any changes of smoking parents one month after viewing the short video.
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Methods

- interviewed children and their non-smoking parents via zoom
 - made a short video which contained the important perceptions from child and non-smoking mother for each smoking father respectively
 - smoking fathers were interviewed via zoom at the second stage and watched their own short videos
 - follow up to 1 month, and had the phone interviews at the third stage
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Findings

Children's and non-smoking mothers' perceived effects of SHS and THS exposure on children at home

Physical Health

Smell

Curiousness

Believe no substantial effects

Believe harmful but gradually become a recipient

Theme	Quotes
Children's perceived effects: physical health	'I thought my lung would be worsen.'
	'My nose was uncomfortable when exposed smoke.'
Children's perceived effects: smell	'I felt cigarette smoke was so smell, I did not like it.'
Children's perceived effects: curiousness	'I was curious about taste of cigarettes?'
	'Why was my father willing to smoke, though it smells unpleasant.'
Non-smoking parents' perceived effects: concern about children's health	'I was quite worried about families' health, especially for my child.'
	'I felt mad and had quarrels with my husband when he smoked because I concerned our health, especially for my child.'
Non-smoking parents' perceived effects: believe no substantial effects	'My husband smoked outside, I believed it would not affect us.'
	'He never smoked in the house. Since our child was born, no such option exists.'
	'He rarely smoked at home, I thought is was ok, I did not ask him to give up smoking because it would cause oral ulceration.'
Non-smoking parents' perceived effects: believe harmful but gradually become a recipient	'Smoking at home makes our family feel bad, I told him the harm of smoking for himself and other family members, but I found it was useless.'
	'There are too many arguments about smoking at home, I felt upset and useless, so I would become a recipient gradually.'

Findings

Smoking fathers' perceived effects of SHS and THS exposure at home on their child and negative emotions with self and their children

Self-criticism

No guilt

Theme	Quotes
Self-criticism	'I knew it was harmful for my families, especially for my child. I gave up for a short time since my child was born, but I smoked again because of release the work pressure.'
	'My child always told me to stop smoking, and to become a good father. I was mad at myself, so I never smoked next to my child and at home.'
	'I need to socialize, so it was hard to stop using cigarettes, though I understand I was supposed to become a good parent.'
No guilt	'My families did not mind smoking at home, even though, I smoked not next to my child as much as possible.'

Findings

Actions to protect children from SHS and THS at home

Specific places

Smoke-free at home

Smoke at the window

Personal hygiene

Theme	Quotes
Specific places	<p>'At home, I usually smoked in the kitchen with ventilator on.'</p> <p>'I smoked only in the toilet and I always closed it off.'</p>
Protective behaviors: smoke-free home	<p>'I did not smoke in front of the families, even I did not smoke at home in order to avoid smoke comes in.'</p> <p>'I did not want my child near an environment of smokers as he/she is a young boy/girl.'</p>
Protective behaviors: at the window	<p>'I smoked at window, and tried my best to let my whole head go outside.'</p>
Protective behaviors: personal hygiene	<p>'I rinsed my mouth and washed my hands after smoking.'</p>

Findings

► Changes of smoking fathers' smoking behaviors and children's feeling after one month

E-cigarette alternatively

Start quitting

No change

Better relationship

Better oral health

More energetic

Feel tired

Theme	Quotes
Smoking behaviors	'I did not smoke cigarettes at home, using e-cigarettes alternatively.'
	'I have started to quit the cigarettes.'
	'My wife did not care about my smoking, I had no changes of this.'
Relationship	'I concentrated more on my families, especially for my child's feelings.'
	'I spent more time to accompany with my child, I found our relationship became better.'
Physical health	'I had better oral health.'
	'I was more energetic after smoking less.'
	'I cannot stand quitting smoking due to I felt tired and agitated.'



References

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Thanks for listening

- ▶ Thanks for my primary supervisor: Dr Daniel Ho
- ▶ Thanks for all the team members:
 - Prof Lam
 - Tingting Chen
 - Xiaoyu Zhang
 - Tianqi Chen