

Perception of Australian GPs on e-cigarettes as a smoking cessation aid: A nation-wide survey

Q1. What is your age (years)?

Q2. What is your gender?

- ☐ Male
- ☐ Female
- ☐ Non-binary / third gender
- ☐ Other
- ☐ Prefer not to say

Q3. What is the postcode of the clinic where you work as a GP? (list multiple if applicable)

Q4. Thinking of your primary place of practice, is this best described as

- ☐ Solo practice
- ☐ Group practice
- ☐ Corporate practice
- ☐ Aboriginal health services
- ☐ Other (please specify) _____

Q5. How many years have you worked as a GP?

Q6. In which country did you receive your medical training?

Q7. What qualifications do you hold (tick all that apply)?

☐

FRACGP

☐

ACRRM

☐

Current GP registrar/ PEP

☐

MD/PhD

☐

MPH

☐

Other (please specify) _____

Q8. Do you smoke cigarettes, pipes or other tobacco products?

☐

Daily

☐

At least once a week

☐

Less than weekly

☐

Not at all but I have been a regular smoker in the past

☐

Not at all and I have never been a regular smoker

Q9. Do you vape or use e-cigarettes?

- ☐ Daily
- ☐ At least once a week
- ☐ Less than weekly
- ☐ Not at all but I have been a regular e-cigarette user in the past
- ☐ Not at all and I have never been a regular e-cigarette user
-

Q10. In your opinion which of the following are correct concerning e-cigarettes in Australia?

	Yes	Unsure	No
They contain tobacco	☐	☐	✓
There is combustion	☐	☐	✓
E-liquid ingredients are approved for inhalation	☐	☐	✓
Working temperature is lower than in tobacco cigarettes	✓	☐	☐
They have official quality certificates	☐	☐	✓
There are e-cigarettes without nicotine	✓	☐	☐

Q11. The following questions ask about your knowledge, beliefs and the safety and efficacy of e-cigarettes in the context of smoking cessation. Please indicate your response for each question.

	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
It is part of my responsibility as a GP to make sure that my patients get the help they need to quit smoking	☐	☐	☐	☐	☐
GP advice to quit is effective in helping patients quit smoking	☐	☐	☐	☐	☐
Current medications such as varenicline (chamfix)/bupropion (zyban)/nicotine gum/patches are effective in helping patients quit smoking	☐	☐	☐	☐	☐
E-cigarettes are a gateway to smoking	☐	☐	☐	☐	☐
E-cigarettes can be addictive	☐	☐	☐	☐	☐
E-cigarettes can be regarded as a type of smoking cessation aid	☐	☐	☐	☐	☐
E-cigarettes can decrease the number of cigarettes smoked	☐	☐	☐	☐	☐
E-cigarettes can lower the risk of tobacco-related diseases	☐	☐	☐	☐	☐
E-cigarettes can help patients quit smoking	☐	☐	☐	☐	☐

E-cigarettes are safer
than regular
cigarettes

☐☐☐☐☐

E-cigarettes have
adverse health
effects

☐☐☐☐☐

E-cigarettes are less
harmful than regular
cigarettes

☐☐☐☐☐

E-cigarette use is
harmful for the
health of the user

☐☐☐☐☐

E-cigarette aerosol is
harmful for people in
the vicinity of the
users

☐☐☐☐☐

E-cigarettes are
carcinogenic

☐☐☐☐☐

E-cigarettes are
more effective than
other smoking
cessation treatments

☐☐☐☐☐

Q12. Where do you receive e-cigarette information from? (Select all that apply)

- ☐ Scientific literature
 - ☐ RACGP
 - ☐ Government reports/websites
 - ☐ Non-government organisations
 - ☐ Media (TV, radio, newspaper, internet)
 - ☐ Social media
 - ☐ Patients
 - ☐ Healthcare colleagues
 - ☐ E-cigarette companies/retailers
 - ☐ None of these/have not received information about e-cigarettes
 - ☐ Other (please specify) _____
-

Q13. How likely are the following groups to influence your decision to counsel, recommend and prescribe e-cigarettes to patients for smoking cessation?

	Extremely unlikely	Somewhat unlikely	Neither likely nor unlikely	Somewhat likely	Extremely likely
Practice ownership	☐	☐	☐	☐	☐
Senior colleagues/GP supervisor	☐	☐	☐	☐	☐
Colleagues	☐	☐	☐	☐	☐
Online GP groups	☐	☐	☐	☐	☐
Patients	☐	☐	☐	☐	☐
Family members or friends	☐	☐	☐	☐	☐
Other (please specify)	☐	☐	☐	☐	☐

Q14. Please indicate your level of confidence for each question.

	Not at all confident	Somewhat not confident	Neither confident nor not confident	Somewhat confident	Very confident
Your ability to talk with your patients about their smoking?	☐	☐	☐	☐	☐
Your knowledge about medications used to help patients quit smoking?	☐	☐	☐	☐	☐
Your ability to help your patients stop smoking?	☐	☐	☐	☐	☐
Your level of knowledge about e- cigarettes	☐	☐	☐	☐	☐
Your ability to answer questions from patients about e-cigarettes	☐	☐	☐	☐	☐
Your ability to talk to your patients about e-cigarettes for smoking cessation	☐	☐	☐	☐	☐
Your ability to prescribe nicotine e-liquid in line with current guidelines	☐	☐	☐	☐	☐

Q15. Would your advice to patients about using e-cigarettes, or vaping, include any of the following (please tick all that apply)

☐

I would say that some patients find using e-cigarettes, or vaping, helpful to stop smoking tobacco

☐

I would only recommend using e-cigarettes, or vaping, as a secondary approach to stop smoking tobacco (i.e. if all other medicinal therapies have failed)

☐

I would let the patient choose whether or not they want to use e-cigarettes, or vape, to stop smoking tobacco

☐

I would recommend using e-cigarettes, or vaping, to my patients as a first line therapy for stopping smoking tobacco

☐

I would recommend using e-cigarettes, or vaping, to tobacco smokers who do not intend to quit or who have declined the offer of help

☐

Other advice (please specify) _____

☐

I would not offer any advice about using e-cigarettes, or vaping to patients

☐

I do not recommend using e-cigarettes, or vaping, to patients

Q16. Have you ever recommended e-cigarettes to your patients for smoking cessation prior to the laws changing in October 1, 2021?

☐

Yes

☐

No

Q17. Since the recent changes to e-cigarette laws (October 1, 2021), have you recommended e-cigarettes to your patients for smoking cessation?

☐

Yes

☐

No

Q18. If no, what are the reasons (select all that apply)

- ☐ No suitable patients
 - ☐ Time
 - ☐ Reimbursement too low
 - ☐ Not registered to prescribe
 - ☐ Other (please specify) _____
-

Q19. Since the recent changes around e-cigarette laws (October 1, 2021), from the options below which pathway are you likely to use to prescribe nicotine e-liquid to your patients for smoking cessation?

- ☐ Streamline Authorised Prescriber
 - ☐ Special Access Scheme B
 - ☐ Personal Importation Scheme
 - ☐ I am unsure which pathway I will use
 - ☐ I am unsure if I will or won't prescribe e-cigarettes
 - ☐ I won't be prescribing e-cigarettes
-

Q20. Would you recommend e-cigarettes as a substitute to smokers who would refuse to take medications for smoking cessation?

- ☐ Yes
 - ☐ No
-

Q21. Would you recommend electronic cigarettes to smokers who failed to quit with other methods?

☐ Yes

☐ No

Q22. Are there other GPs in your practice that are willing to prescribe nicotine e-liquid to their patients?

☐ Yes

☐ No

☐ Unsure

If there is anything further you would like to share about your experiences or concerns discussing e-cigarettes with your patients please use the text box below.
