

Abstract

Background: Modern technologies have become a part of our everyday life. Mobile phones, are one of the fastest spreading technology, which can be present with us every moment of our day. Their possibilities of utilization in medical interventions rose with their proliferation. Among those medical interventions we can find applications for smoking cessation. Eventhough their number is rising steadily, foreign professionals are doubtful as to whether they use clinical based guidelines for treating tobacco dependence.

Aim: The main aim of this study is to map user-accessible applications available for smoking cessation to czech users in czech language and describe their basic features.

Methods: The research is based on combination of user testing and content analysis of provided functions of mobile applications. For evaluation of their features a personal assessment tool was used, with three defined categories (technical specifications, terapeutical functions and testing specifications).

Results: Two mobile applications for smoking cessation in czech language were identified. Results have shown, that observed clinical based guidelines were not present in most cases, or present only partially. Low quality of language translation results in incomprehensibility of present statements, in context of Czech language, or set phrases used in tobacco dependence treatment.

Conclusion: Currently available smoking cessation applications should be revised. Future development of on-line interventions should be based on evidence-based practices for smoking cessation. Sufficient attention should be paid to accurate language translation and usage as well. This research is unique in context of the Czech Republic. It provides first results of user testing a mobile applications available for smoking cessation and thus contribute to widen the findings of eHealth services for addiction treatment in the Czech Republic.

Keywords

tobacco – smoking cessation – mobile applications – mobile phone – eHealth – cigarettes