

Abstract

Background: The prevalence of e-cigarette usage has been increasing. There are less adverse health effects on health in comparison to conventional cigarettes. However, the longitudinal effect on health is unknown. The risks include an emerging nicotine dependence or lung diseases.

Aims: The study aims to map out the current situation of the patterns of use, motivation and preferences among Czech e-cigarette users.

Methods: Data were collected online from December 2019 to March 2020 with an online questionnaire inquiry. The population comprised of e-cigarette users living in the Czech Republic. The sample composed of 143 non-random respondents (54 women, 89 men) of ages 18-69. Microsoft Excel was used for data analysis; methods of descriptive statistics were used.

Results: Most e-cigarette users are current or ex-smokers. One third of the respondents have been using e-cigarette for 6 years or longer with the goal of smoking reduction (35.7%) or reducing the foul smell of conventional cigarettes – a reason mostly found in women (33.3% of women compared to 4.5% of men). One fourth of the respondents have never tried to stop smoking. The number of users who have never used conventional cigarettes is 4.2% men and 2.2% women. Individual nicotine consumption is declining subjectively. The respondents consider e-cigarettes as a healthier variant to conventional smoking. Fruit and tobacco e-liquids are the most popular flavors. Most of the respondents feel they are not getting enough information on e-cigarettes or do not consider the information truthful.

Conclusion and recommendation: The respondents mostly use e-cigarettes with the goal of reducing smoking of conventional cigarettes. The public could be better informed about the positive and negative aspects of e-cigarette usage in the context of smoking conventional cigarettes and its regulation.

Key words: e-cigarettes; electronic delivery systems; vaping; psychoactive substances