# SURVEy, round 1

Online survey available at <http://www.surveymonkey.com/s/YKQ5RFX>

NAFIS SALAAM: BREATH OF PEACE

CONFIDENTIAL AND ANONYMOUS SURVEY ON SMOKING

Assalaamu’Alaykum. Islamic Medical Association of North America and Muslim Consultative Network request a few minutes of your time to complete the following community health survey (10-15 min). Please be assured that your answers are anonymous and confidential. We will not identify any individuals in our reporting. Your answers will help us improve our service to the Muslim community, insha Allah.

|  |  |
| --- | --- |
| **Gender:**  Female  Male  **What is your age:** \_\_\_\_\_  **Born in USA:**  Yes  No  If no, where were you born? \_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Number of years in the US \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Language(s) you speak besides English:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **What is your ethnicity/race:**  African  African American  Arab  Caribbean  Eastern European  East Asian  South Asian  Other\_\_\_\_\_\_\_\_\_\_\_\_ | **Are you currently employed?**  Yes  No  **What is your occupation?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Who else lives with you at home? :** Number of Children\_\_\_\_ Number of adults (including you)\_\_\_\_\_\_  **Borough you live in:**  Bronx Brooklyn Manhattan Queens Staten Island  Not in 5 boroughs  **Home Zipcode**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |

1. **Would you say that in general, your health is Excellent, Very Good, Good, Fair or Poor (check off):**

Excellent Very Good Good Fair Poor

1. **After 9/11, do you think that emotional stress levels have increased**

**For you personally**  No, about the same as before 9/11

Increased a little

quite a lot

**For most Muslims in USA**  No, about the same as before 9/11

Increased a little

quite a lot

1. **Approximately how many Americans of all backgrounds do you think die of smoking related illnesses each year?**

100,000  200,000  300,000  400,000  500,000  I don’t know

1. **Do you currently smoke cigarettes?**

Yes, I currently smoke cigarettes

No, I quit smoking cigarettes within the last 6 months

No, I quit smoking cigarettes more than 6 months ago

No, I never smoked

1. **Does someone in your extended family currently smoke cigarettes?**

Yes  No

If yes, who\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If yes, where do they live?  In the US In other countries  Both in the US and other countries

1. **How often are you around people who smoke cigarettes in your home (including visitors)?**

Most of the time  Occasionally  Never

1. **How often are you around people who smoke at your workplace?**

Most of the time  Occasionally  Never

1. **Which of the following methods to quit smoking have you heard of?**

**(*check all you have heard of)***

NY Smokers Quitline- their number is (888) 609-6292

A nicotine patch, nicotine gum, or a nicotine inhaler

An anti-depressant drug prescribed to you by a physician, like Zyban

Group counselling

One-on-one counselling from health professional or quit smoking counselor

Family member support

Imam’s support

Quitting during Ramadan

Ramadan qutba (sermon)

1. **Do you personally believe that smoking is forbidden in Islam?**

Haraam (forbidden)  Makruh (disliked)  Not haraam or makruh  Don’t know/Not sure

1. **How often are you around friends who smoke cigarettes?**

Most of the time  Occasionally  Never

1. **Do you currently (*check off all that apply)***

Yes, I chew pan or gutka (tobacco)  Yes, I smoke shisha or hookah  Neither

1. **How often are you around friends or family who smoke shisha or hookah?**

Most of the time  Occasionally  Never

1. **How harmful do you personally believe shisha or hookah is for a person’s health?**

Very harmful  Not very harmful  Somewhat harmful  Not harmful at all

1. **How often are you around friends or family who chew pan or gutka?**

Most of the time  Occasionally  Never

1. **How harmful do you personally believe chewing pan or gutka is for a person’s health?**

Very harmful  Not very harmful  Somewhat harmful  Not harmful at all

1. **Do you mind if others smoke around you?**

No, it doesn’t bother me

Yes, it bothers me….. Why? (select all that apply)

It affects my breathing  It gets in my eyes

Unpleasant smell  Bad for my health

Other reason\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Are you seriously thinking of quitting smoking?**

Never smoked and intend not to start

I quit smoking and intend to keep it that way

Yes, I intend to quit within the next 6 months

Yes, I intend to quit within the next 30 days

No, I am not thinking of quitting any time soon

1. **Would you like to have:**

a) Information on quitting smoking for you/someone you know  Yes  No b) Referrals to support groups or counselling to help quit  Yes  No

c) More information on dangers of Hookah or Paan  Yes  No

d) Quit smoking information translated into other languages  Yes  No

e) Videos or internet sites about this subject  Yes  No

f) Islamic rulings (fatwas) on this subject  Yes  No

FINAL SECTION NOTE: IF YOU CURRENTLY SMOKE, PLEASE ANSWER THE REMAINING QUESTIONS SO WE CAN BETTER ASSIST YOU AND THE COMMUNITY

1. **How old were you when you first started smoking regularly?**

1 - 9 yrs  13 - 17 yrs  23 years or older

10 - 12 yrs  18 - 22 yrs  Over 30

1. **Why did you first start smoking? (*select all that apply)***

To appear older  To appear “cool”  Curiosity  Appear tough/macho

Be accepted/fit in  Rebellion  Just felt like it  Copy friends/family

Loneliness  To feel grown up  Out of boredom  Stress

Some other reason….what?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. ­**Do you continue to smoke mostly because (*select all that apply)***

enjoy it  became a habit  need with coffee  boredom  friends or family do too

to keep hands busy  advertising Other(what)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **How many cigarettes on average do you smoke per day?** \_\_\_\_\_ per day
2. **During the past 12 months, who has advised you to quit smoking? (*select all that apply)***

no one  doctor  nurse  dentist

family member  social worker  imam  online information

friend  group counselling  Other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **During the past 12 months, how many times have you quit smoking for at least 24 hours?** \_\_\_\_times
2. **If you have tried to quit in the past, which aids did you use to help you quit? (*select all that apply)***

A nicotine patch, nicotine gum, or a nicotine inhaler

A telephone Quitline

An anti-depressant drug prescribed to you by a physician, like Zyban

Group counseling

One-on-one counseling from a medical or social work professional

Family member’s support

Imam’s support

All on my own, cold turkey

During Ramadan

Engaging in sports or physical activities

Other (what) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COMMENTS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

THANK YOU!

# ROUND 2 SURVEY

Online surveys available at <http://www.surveymonkey.com/s/ZRCKF5B>

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BONUS QUESTIONS:

**10) Do you think Shisha/Hookah tends to encourage smoking cigarettes?**

No Somewhat Definitely No opinion

**11) Do you think more young people of Muslim background are taking up some form of tobacco use?**

No Somewhat Definitely No opinion

**12) Would you like to see mosques develop programs such as support groups for quitters?**

No Somewhat Definitely No opinion