# 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