



Article

Provision of E-Cigarettes for Smoking Cessation in Pregnancy: Perceptions and Experiences of Pregnant Women from Two UK Sites

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Abstract: Introduction: Smoking in pregnancy is associated with negative health outcomes for both mothers and babies; e-cigarettes, which contain nicotine without hazardous tobacco, may offer an additional smoking cessation strategy for pregnant women. Although e-cigarettes are being increasingly offered within services, there is limited understanding about whether e-cigarettes can improve smoking cessation support for pregnant individuals. This study aimed to explore service users' experiences of using e-cigarettes as a tool for smoking cessation during pregnancy. Methods: Semi-structured interviews were conducted with 14 women who had accepted one of two pilots and were analysed using inductive reflexive thematic analysis. The findings from each site were integrated to develop qualitative insight. Results: Participants largely had positive perceptions of the free and easy-to-use e-cigarette, preferring it to nicotine replacement therapies. The desire to have a healthy pregnancy and baby and the inclusion of non-judgemental behavioural support facilitated motivation to quit. Many participants reduced or quit tobacco use, with positive social and health implications reported. However, numerous barriers to quitting were present and intentions about long-term quitting of combustible cigarettes and e-cigarettes were mixed and uncertain. Conclusions: Providing e-cigarettes within smoking cessation services was indicated to be a positive and effective strategy for pregnant women trying to quit tobacco. However, numerous barriers to quitting and staying quit remained, suggesting scope for further improvements to smoking cessation support for pregnant women.

Keywords: smoking cessation; e-cigarettes; pregnancy; qualitative

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1. Introduction

There are many recognised detrimental health effects associated with smoking tobacco during pregnancy, including preterm birth, foetal mortality, stillbirth, birth malformations (e.g., oral clefts), low birth weight, and sudden infant death syndrome [1]. Women who smoke during pregnancy may also experience negative moral judgements and stigma [2] and are more likely to have poorer mental wellbeing that can further impede smoking cessation [3]. In the United Kingdom (UK), 8.8% of women are currently smoking at the time of birth [4], with national targets to reduce this figure to 6% [5]. With around 600,000 live births in England and Wales in 2022 [6], there is an urgent need to improve uptake and engagement for smoking cessation programmes targeting pregnant women.

Smoking For Two Cigarettes And Pregnancy

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