

African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Presenters:

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And

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Philander Smith University (PSU)

Introduction

African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

- Treasure Wilson, Student Volunteer Research Assistant
- In 2022, the University of Arkansas at Pine Bluff, Minority Research Center (MRC) on Tobacco and Addictions, supported by the Arkansas Department of Health, Tobacco Prevention and Cessation Program with Master Settlement Agreement dollars, was Awarded to Dr. Caron Lott to Research
 - African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19.

Presentation Overview

African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

- **Background - The Chosen MRC Option II:** Research focused on tobacco use and Covid-19 in Arkansas' minority population.
- **Research and Data Reviewed –**
 - **2023 Survey-** Used to develop the individual interview/Focus Groups Questionnaire and Understand Students Attitudes and Behavior Toward Tobacco.
 - **2024 Individual Interview/Focus Groups Questionnaire**
- **Conclusion**
- **Thank you and Contact**
- **Questions and Answers**
- **Reference Page**

Why Study this Research Topic...

African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Choosing Option III – The Research focused on tobacco use and COVID-19 in Arkansas' minority population.

- African-American Sample Group
 - African-American Traditional Students 18-24 years old/Non-Traditional Students 25 years old and Over.
 - The Problem: Overall Targeting and Marketing to African-American Communities by the tobacco companies (Truth & Initiative, 2020).

Let's Play a Game of...
"Guess What?"



(Oklahoma TSET, n.d.)



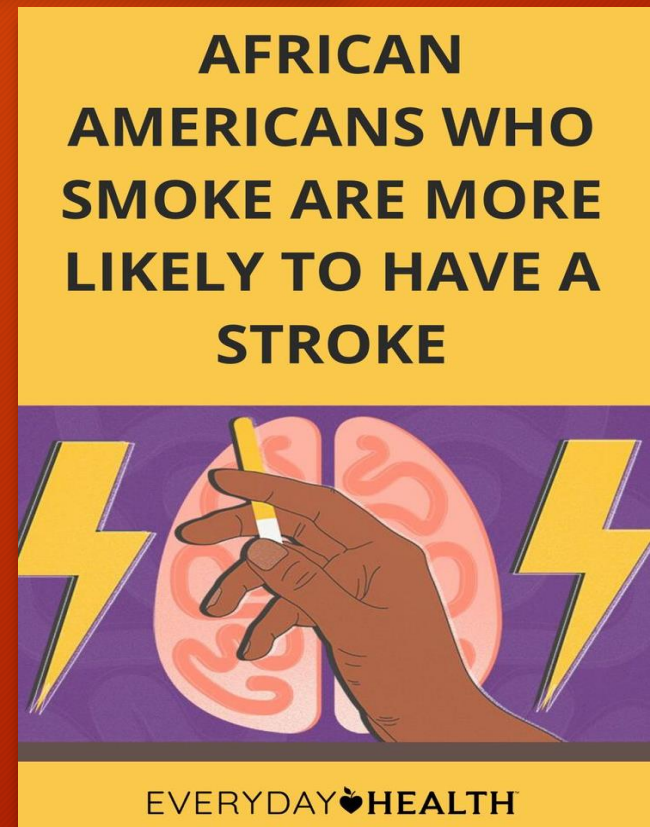
(Oklahoma TSET, n.d.)

Continued: Why Study this Research Topic... African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

The State of Smoking in African-American Communities in
General:

What do we know?

- Stress
- Negative health outcomes.
 - COVID-19 susceptibility among African-Americans who smoke (Tiesang, et al., 2022; Hill-Gordon, 2020).
 - Debilitating ailments leading to the likelihood of smoking-related deaths in the African-American Community than any other racial group (Centers for Disease Control and Prevention - CDC, 2022; Tiesang, et al., 2022; Hill-Gordon, 2020):
 - Heart attacks
 - Cancers
 - Strokes
 - Diabetes
 - Hypertension



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey Demographics

- The study recruited 51 out of 100 African-American students who were currently attending colleges/universities and former students in the Pulaski County area during the COVID-19 pandemic from 2020 to May 2023.
 - Target: 100 students for this 2023 Survey, 138 students started it, and only 51 students completed it.
- The following identified schools were contacted to secure permission to conduct research at the three (3) college campuses in Little Rock Arkansas, with one school (1) in North Little Rock for a total of four (4) schools included in this study:
 1. Arkansas Baptist College
 2. Philander Smith University
 3. Shorter College (North Little Rock)
 4. University of Arkansas Little Rock



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey Demographics

- QuestionPro was used to develop the 2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 online survey (Lott, 2023).
- Descriptive statistics were used for the survey demographics and questions were asked about the African-American students' attitudes and behaviors toward smoking during the COVID-19 pandemic for the purposes of understanding the subject and developing follow-up interview/focus group questions.
- Students were linked to the QuestionPro dashboard where it explained the study and offered informed consent to ensure the participants were 18 and older.
- Students were able to skip questions they were unwilling to answer.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire Demographics

- The questionnaire was developed using QuestionPro (2024) a web-based online survey tool. The questions were developed based on the 2023 survey (Lott, et al, 2023) and was used to ask students open-ended questions about their tobacco attitudes and behaviors. Students were interviewed or in Focus Groups (with either 5 to 10 students participating).
- The total minimum number of students targeted for participation during recruitment to solicited participation to complete the individual interviews or focus groups were 35 students .
 - There were 33 out of 35 students who participated for either the focus groups or individual interviews.
- The particular characteristics of the interviews and focus groups were:
 - Twenty (20) Individual interviews conducted in the Pulaski County area.
 - There were 20 individual interview completed answering the questionnaire.
 - Three (3) focus groups of 5 students were conducted at Philander Smith University. These focus groups consisted of:
 - One (1) virtual focus group of five (5) students and five (5) students each in the two (2) in-person focus groups, totaling 15 students participating on campus.



(Liburd, 2016)

**2023 African-American College Student's Attitudes and Behaviors
About Tobacco Use During COVID-19
Survey/ Individual Interviews/Focus Group Questionnaire
Demographics: Gender**

2023 Survey

Male	19
Female	31
Prefer Not to Say	0
Self-Identify Your Gender	0
Total	50

2024 Individual Interviews/Focus Group Questionnaire

Male	17
Female	14
Self-Identify Gender	1
Preferred Not to Say	1
Total	33



(Liburd, 2016)

2023 & 2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey/Individual Interviews/Focus Group Questionnaire Demographics: Student Status

2023 Survey

Traditional Student (18 years old to 24 years old)	32
Non-Traditional Students (25 years and over)	18
Total	50
Graduated	5
Not Graduated	6

2024 Individual Interviews/Focus Group Questionnaire

Traditional Student (18 years old to 24 years old)	16
Non-Traditional Students (25 years and over)	5
Total	21
Graduated	2
Not Graduated	3



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire Demographics: Characteristics of the Population

Important Characteristics of the Population Gathered from the 2024 Individual Interviews/Focus Group Questionnaire Revealed...

The diversity of the African-American students who interviewed and participated in the focus groups were wide ranging and expressed their attitudes and behavior toward tobacco use. The characteristics of current or former student's demographics are represented here as they take a look back to answer questions of their experiences during the pandemic.

- The majority of the students were traditional ranging from 18 years old to 24 years old and a few were non traditional students from 25 years old and over.
- There were students who graduated with either a bachelor or master degree and students who did not graduate during the pandemic, between 2020 and May of 2023.
- There was almost half of the students salary ranging from low end of earning no income to \$24,000 a year and students earning salary ranges from \$30,000 to \$99,000.
- The majority of the students were single with only a few indicating they were married. There were no students who indicated they were divorced.
- The majority of the students were living with their families during the COVID-19 pandemic a few of the students lived with a romantic partner.
- Students equally indicated having children under the age of 18 years old or adult children. The majority of these students identified as being a parent and one student indicating they are a grandparent. There were no participants who selected they were a legal guardian in the questionnaire.
- The overwhelming majority of these students had no children.

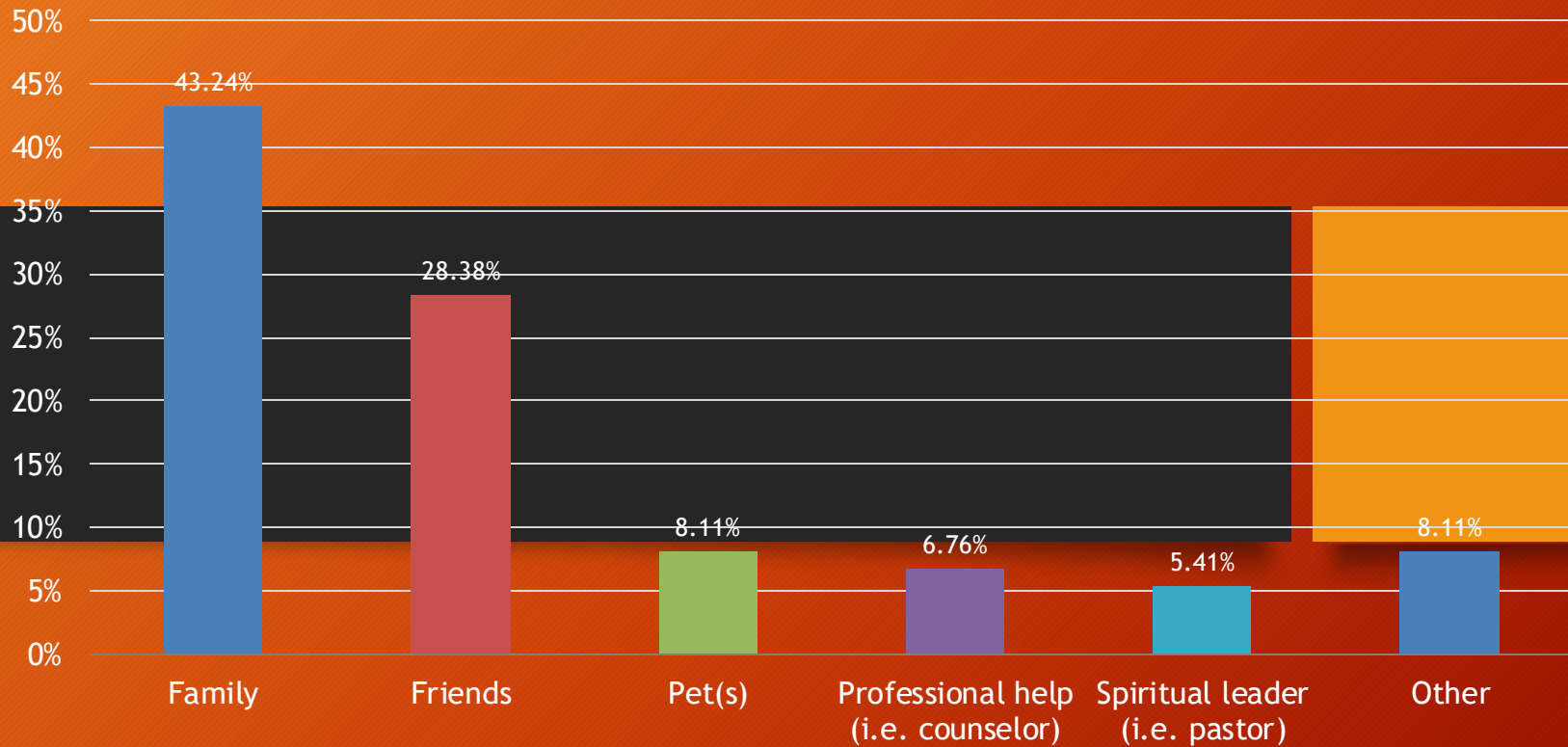


(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Survey Demographics

Who or what is/are your emotional support?



Who or what is/are your emotional support? Click the arrow bottom to select all that apply from the drop down list.

Family	32	43.24%
Friends	21	28.38%
Pet(s)	6	8.11%
Professional help (i.e. counselor)	5	6.76%
Spiritual leader (i.e. pastor)	4	5.41%
Other	6	8.11%
Total	74	

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey Results

In the following are statements students answered when asked their attitude toward tobacco during the COVID-19 Pandemic. Revealed...

- I did not use tobacco products before COVID-19 Pandemic. Out of 48 students who answered:
 - 60% Strongly Agreed
 - 15% Neither Agree nor Disagreed
 - 13% Strongly Disagreed
- Tobacco use is a way to cope with the stress of the COVID-19 Pandemic, it is ok to find relief in it. Out of 38 students who answered:
 - 16% Strongly agreed
 - 21% Somewhat agreed
 - 18% Neither Agreed nor disagreed
 - 34% Strongly Disagreed
- I have decreased the use of tobacco products since the COVID-19 Pandemic happened,
 - 23% of Strongly Agreed
 - 30% Neither Agree Nor Disagree
 - 32% Strongly Disagreed
- I have stopped the use of tobacco products since the COVID-19 Pandemic happened.
 - 20% Strongly Agreed
 - 40% Neither Agreed Nor Disagreed
 - 27% Strongly Disagreed



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey Results

In the following are statements students answered when asked their attitude toward tobacco during the COVID-19 Pandemic. Revealed...

- I encouraged others to stop smoking during the COVID-19 Pandemic. Out of 48 students who answered:
 - 44% Strongly Agreed
 - 27% Neither Agreed nor Disagreed
- With all the uncertainty, during this period of time, it made me want to avoid using tobacco products and finding better ways to cope. Out of 48 students who answered:
 - 21% Strongly agreed
 - 44% Neither Agree nor disagreed
 - 23% Strongly Disagreed
- I used other ways to cope with this COVID-19 Pandemic than turning to tobacco products.
 - 44% of Strongly Agreed
 - 17% Somewhat Agreed
 - 19% Neither Agree Nor Disagree
 - 21% Strongly Disagreed
- My health is important, tobacco products were not my go to during the COVID-19 Pandemic.
 - 46% Strongly Agreed
 - 17% Somewhat Agreed
 - 17% Neither Agreed Nor Disagreed
 - 21% Strongly Disagreed



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Survey Results - Experiences/Issues Affecting Student's Personally, their Family, and Close Friends

What issues are the issues going on that affected you during the COVID-19 Pandemic personally, your family members and/or your close friends? Click ALL that apply. If it does NOT apply live that choice blank.

(Target: 100 students for this 2023 Survey, 138 Students Started it, Only 51 Students Completed it)

Experiences or Issues	Affected you personally		Affected your family		Affected a close friend		Total Students
Depression/Anxiety	24	32%	24	32%	28	37%	76
Mental Illness	15	30%	16	31%	20	39%	20
Teen Pregnancy/Parenting	7	21%	10	30%	16	48%	33
Lesbian, Gay, Bisexual or Transgender issues	5	16%	8	26%	18	59%	31
Housing/Eviction	7	19%	13	36%	16	44%	36
Unemployment / Underemployment	15	28%	19	35%	21	38%	55
Immigration/Deportation	2	11%	5	28%	11	61%	18
Racial Tension	8	23%	12	34%	15	43%	35
Bullying	7	30%	4	17%	12	52%	23
Harassment / Verbal Abuse	13	36%	10	27%	13	36%	36
Sexual Abuse	5	28%	4	22%	9	50%	18
Rape	4	20%	4	20%	12	60%	20
Relationship Break Up, Separation or Divorce	17	35%	13	27%	18	38%	48
Marijuana Use	10	21%	15	31%	23	47%	48
Drug Use (other than marijuana)	2	8%	7	28%	16	64%	25
Alcohol Use	6	14%	19	44%	18	41%	43
Chronic / ongoing illness	7	17%	21	51%	13	31%	41
Hospitalization / life-threatening injury	4	10%	24	57%	14	33%	42
Death	12	22%	22	40%	21	38%	55



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey Results - Student Comments Take-Aways

The following table below shows three (3) student's comments in response to the question.

Student Comments:

Is there anything else you want to share about your attitudes and behavior about tobacco during the COVID-19 Pandemic?

1. I do not believe in the use of tobacco period and the pandemic did not change that. As a matter of fact, it heightened my beliefs of the negative health impact tobacco use can have.
2. I wouldn't recommend using any tobacco products to solve any type of problems. Just go to therapy.
3. I have taken steps to completely stop using tobacco products.



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Study 2023 Survey Conclusion

Important insights from the 2023 survey revealed...

During the pandemic:

- Stress emerged as a significant factor influencing smoking habits, with some individuals reporting increased tobacco use as a coping mechanism.
- However, others refrained from smoking due to health concerns and personal convictions.
- Efforts to quit smoking varied, highlighting the challenges of addiction and lack of motivation faced by some participants.
- Additionally, cultural influences were observed, particularly among African-American students, with differing perceptions of smoking as a norm or a behavior to be avoided.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire Demographics: Preview of Thematic Clusters Revealed

- Thematic Clusters - are words emerging into themes from student's answers to the questions. These were repetitive words pervading throughout the participant's comments developing distinct patterns from students expressions about their attitudes and behaviors toward smoking. Below is a representation of these word patterns developing a theme.
- The thematic clusters for reasons why students smoke were revealed after the questionnaire was completed seen in the table below:

Preview of Thematic Clusters Revealed: Smokers		
Calm	addicted	Mental health
relaxed	Family and being around smokers	Eases the mind
Peer pressure	Boredom	Stress
Time	Started young	Uncertainty



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire Demographics: Preview of Thematic Clusters Revealed

- Thematic Clusters - are words emerging into themes from student's answers to the questions. These were repetitive words pervading throughout the participant's comments developing distinct patterns from students expressions about their attitudes and behaviors toward smoking. Below is a representation of these word patterns developing a theme.
- The thematic clusters for reasons why students do not smoke were revealed after the questionnaire was completed seen in the table below:

Preview of Thematic Clusters Revealed: Non-Smokers			
Health	Motivated not to smoke	No Interest	Career
Stinks	Disliked/Hated it	Negative Outcomes	Speech Therapy
Having a mind of my own/I did not want to pick up bad habits.	Raised in a Family of Non-Smokers (parents did not smoke or told me not to smoke)/Friends are Non-Smokers	Commercials (it persuaded me out of it) and Chronic Illness/Seeing the Long Term Effects - Cancer	Did not want to End Up Like My Parents/Watching the Whole Family Smoke

The Dare Program



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire Results: Reasons for Smokers

Reasons Why Non-Smokers Don't Smoke

- I don't like it.
- I don't like the smell.
- I hate it.
- Tobacco products aren't good for anyone who chooses to consume them. They also stink and leave odors.
- I don't find it useful for me
- Long-term effects
- Other people's health problem with tobacco.
- Negative outcomes of others.
- Family history with that product
- I see the long term affects and also people around me using it makes me not want to do it.
- Not interested in using it.
- I feel like the health risks and potential to get addicted outweigh the positives of smoking.
- The smell lingers in their clothing.
- Not healthy.
- Parents did not smoke.
- I have no reason to.
- I feel like the health risks and potential to get addicted outweigh the positives of smoking.
- Death
- I do not want to put smoke or chemicals into my body.
- I have asthma.
- I am not interested in smoking or chewing tobacco.
- I hate it exists.
- Drugs aren't good for the body.
- Because the effects of smoking can take a toll on your youth especially your lungs.
- My grandfather smoked my whole life and he ended up passing due to the effects of doing so



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire Results: Reasons for Smokers

Reasons Why Smokers Smoke

- Peer pressure and stress
- Wanting to fit in with the group
- I have smoked since I was young so being in the house during COVID gave me more time to myself and what I normally do.
- Family members smoked.
- I am around people who smoke.
- I tried to stop, but can't seem to stop.
- I like to smoke.
- COVID happened and I tried to stop.
- Started at a young age and never stopped.
- The stressful situations that COVID brought along. COVID forced self isolation for many youth such as myself.

Reasons Why Smokers Struggle to Stop Smoking

- Peer pressures, I want to fit in.
- Being around people who smoke.
- It is my struggle. I have done it so long that it just comes as second nature.
- The reason for my struggle was the time I had. I had so much time on my hands but felt I could not complete any task I needed to without smoking
- Controls my weight.
- I have smoked since I was young so being in the house during COVID gave me more time to myself and what I normally do.
- Started during COVID.
- Stress, I was told.
- It gives me something to do.
- Mixed emotions, one hand you want to stop for the sake of money, time, & a career. other hand you don't care to stop because it is other ways to make money & you can make time for what you want.
- The reason it is hard is because you don't have a reason to stop really.
- Addiction
- Calm and ease the mind.
- Haven't stopped but would like to.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire Results: Reasons for Smokers

Reasons Why Smokers Smoke

- Emotions, most people do not know how to handle their feelings resulting in smoking. some people go cold turkey, & some ease their way off.
- My ex-husband smoked so I begin then
- My cause more so was just a curiosity thing
- It calmed my anxiety down a lot
- I haven't had a bad experience. But I rarely smoke.
- It can be fun sometimes
- It seems to sometimes make certain people anxious or paranoid. It can also become a habit and people not know how to function without it

Reasons Why Smokers Struggle to Stop Smoking

- Social anxiety, depression, and self doubt.
 - It seems to sometimes make certain people anxious or paranoid. It can also become a habit and people not know how to function without it
 - I have moments where I take a break from smoking but whenever my breaks are over I crave smoking mentally.
 - Being around people who smoke.
 - Bored
 - Smelling the smoke.
 - Stress
- She had horrible health was always scratching couldn't go more than 30 minutes without smoking.
 - It relaxes the mind, but also clouds the mind.
 - Smoking stinks, it causes yellow teeth, gum disease, and adds a host of other dental and medical issues. Also, I believe that cigarette ads are slanted towards the African American Race.
 - Addiction
 - So much time on my hands, but I felt I could not complete any tasks I needed to.



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire

Reasons Why Students Stop Smoking

Reasons Why Students Stop Smoking

- I feel like the health risks and potential to get addicted outweigh the positives of smoking.
- My grandfather smoked my whole life and he ended up passing due to the effects of doing so.
- Cancer.
- Because of a job
- Created good habits to takeover the bad habit
- **Got help.**
- It has been expensive
- Coughing, bad breath, yellow teeth, and constant doctor visits.
- Struggling to breathe.
- It has been expensive.



(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Survey: Returning Citizens

- Returning Citizens are those who were incarcerated and released during COVID-19.
- The table below shows how students were affected by Jail or Probation:

Jail/probation (returning citizens)	
Affected you personally	3
Affected your family	11
Affected a close friend	13
Total	27

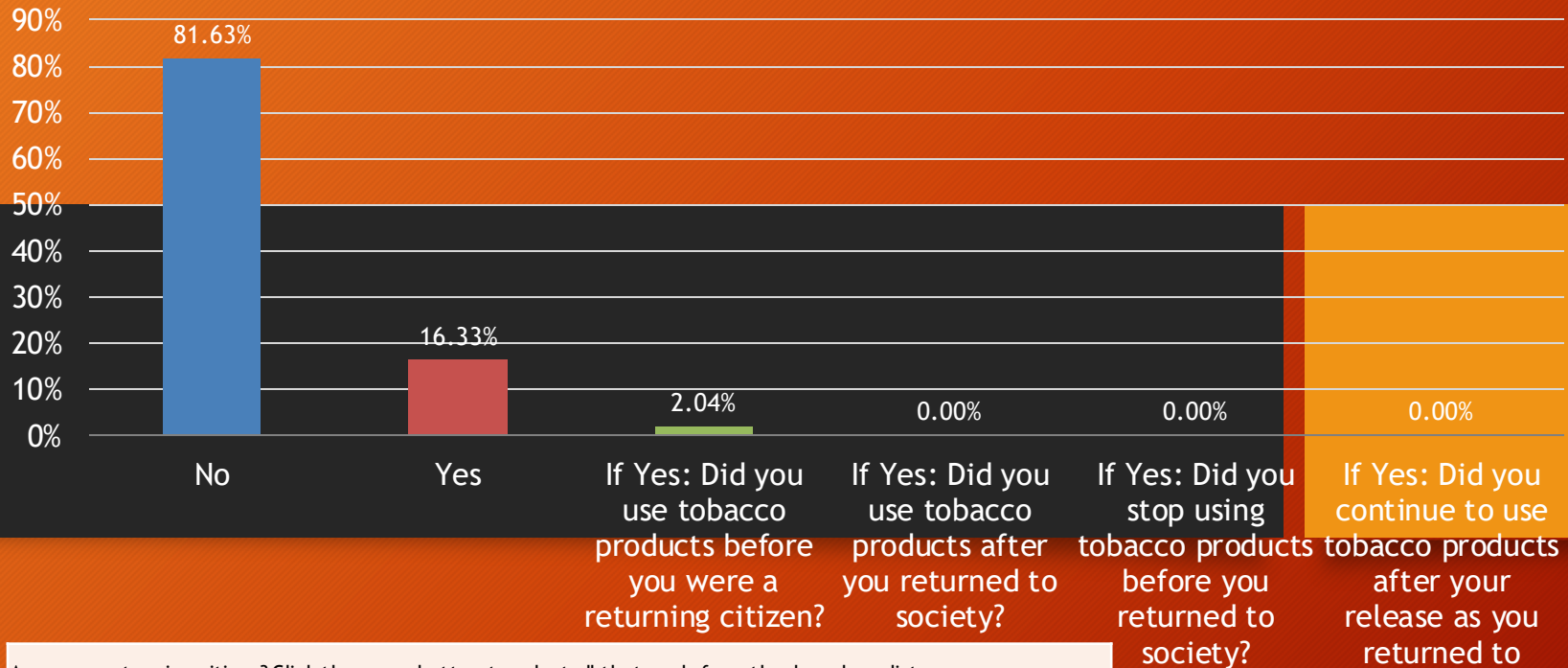


(Liburd, 2016)

2023 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Survey Demographics

Are you a returning citizen?



Are you a returning citizen? Click the arrow bottom to select all that apply from the drop down list.

No	40	81.63%
Yes	8	16.33%
If Yes: Did you use tobacco products before you were a returning citizen?	1	2.04%
If Yes: Did you use tobacco products after you returned to society?	0	0.00%
If Yes: Did you stop using tobacco products before you returned to society?	0	0.00%
If Yes: Did you continue to use tobacco products after your release as you returned to society to resume your daily life?	0	0.00%
Total	49	

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire

Returning Citizens Responses to Smoking

Individual Interviews: Three (3) Male Students Who are Returning Citizens Responded

All the returning citizens were smokers during COVID-19 and in prison at the time while attending college.

One (1) of the three (3) students only smoked due to boredom, because others were smoking. He no longer smokes.

At 13 years old he started smoking and is use to smoking.
13

Another student says they were young when they started smoking. This student wanted to stop, but it was a struggle, they were addicted. This student received help to stop smoking while in prison.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire

Returning Citizens Responses to Smoking

Returning Citizens Responses to Smoking

- My family smokes.
- It is something to do and I am use to doing it.
- During COVID-19, my reason was peer pressure and trying to fit in with the crowd.
- I wanted to stop smoking due to my health, I had shortness of breath.
- My counselor persuaded me to stop smoking.
- COVID-19, uncertainty, death, the loss of my aunt during COVID-19 caused me to smoke more when stressed and thinking about it.
- Some alternative ways I used to distract me from smoking were drinking coffee, talking to other people, playing chess, dominos, cards, reading a lot more, doing things to help think about other things other than smoking.
- I wanted to stop smoking, because it was a \$10 to \$11 a day habit; the expense and its very addicting.
- The president was talking about COVID-19, I was very stressed. I would say, I don't want it to end this way, God. I was incarcerated during this period and had nothing else to do but exercise.
- To handle the stress, I love going to the gym and exercise. School helped a lot with that stress, it freed up that space and gave me a goal for the day, instead of hearing the same old jail talk. My smoking decreased due to being in school for four (4) days a week, sometimes two (2) classes a day.
- While incarcerated, I did want to stop smoking, but I could not shake it at the time. I had classes to go to the Therapeutic Community Treatment Program for 9 months to help stop smoking. It was an excellent program and did help to slow the amount of smoking that was done.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire

Returning Responses to Smoking

Returning Citizens Responses to Smoking

- In my treatment program, I talked to the support group about my battle with smoking and what to do to curb the smoking. I had a group of students who were new to the program. I was a mentor and a peer counselor for the program. I took them under my wing. If they were on the yard, I would tell them about tobacco use and what it would do to them.
- I use to smoke, not seeing a reason for it or benefit of it.
- Seeing others smoked, made me want to smoke.
- Smoking is not an experience that stays with you, it happened, I did it, it passed, and it did not make me feel better.
- Some of the stressors were being uncertain about my future and so many people passing away. Just wondering when would it stop and family members worried about the future.
- I knew some people who were parents smoking, but to stop smoking was not a concern for them.
- I always encouraged people to stop smoking it is a health risk and a habit.
- There was an uptick in my smoking when COVID-19 happened. Smoking had my head hurting, it was an uncomfortable feeling and it did not help.
- African-American students were not concerned about smoking. Different people, feel different for different people, what may be a habit to them is not to others. People have different perspectives. This is why, I don't talk to them, unless want my help and I will give them advice. I do not want to control people, I allow them to come to me if then want to talk about smoking.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire

Results: Stressors During COVID-19

Stressors Experienced During COVID-19

- | | |
|---|--|
| <ul style="list-style-type: none">➤ Negative thoughts➤ Death of parent(s)/family members➤ School➤ Friendships➤ Family➤ Parental stress➤ Isolation➤ Uncertainty | <ul style="list-style-type: none">➤ Lack of support➤ Loss of a job➤ Lack of knowledge➤ Relationships➤ Work and working remotely➤ Illness/sickness➤ Boredom |
|---|--|



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire Results: Stressors and Negative Coping Strategies During COVID-19

Positive Pandemic Coping Strategies

- Prayed
- Meditation
- Going outside
- Read my Bible
- Slept
- Gym
- Cooking
- Chill with friends
- Creating a music page and recording songs.
- Listened to music.
- Watched movies
- Watching TV and Binged a lot of TV Shows
- Kept my faith in God
- Being around supportive people (friends/family).
- Tried to think of other things to do.
- Played video games.
- Working and still going to school
- Talking to family and friends.
- Studying for school.
- Did indoor activities

Negative Coping Strategies

- Lashed out
- Attempted suicide
- Smoking marijuana
- Drink alcohol
- Using drugs
- Smoking



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

Individual Interviews/Focus Group Questionnaire Results: Alternative Ways to Avoid Smoking

Alternative Ways to Avoid Smoking

- Surround yourself with people who don't smoke.
- Chew gum
- Keeping yourself busy
- Finding new hobbies
- Walk the other way when you smell it to avoid secondhand smoke.
- Watch TV
- Do school work.
- Always keep busy (find small ways to keep busy)
- Control your thoughts
- Have a goal of smoking a certain amount of cigarettes a day.
- Stay away from those who smoke.
- Go to the gym
- Exercise
- Stay indoors or home
- Go Outside
- Play sports (basketball)
- Stay away from addicts and those who could influence me to smoke.
- Mentoring
- Focusing on God.
- Play video games
- Purchase nicotine patches
- Whenever you see someone reaching for cigarettes, keep your distance.



(Liburd, 2016)

2024 African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19 Individual Interviews/Focus Group Questionnaire Conclusion

Important insights from the 2024 Individual Interviews/Focus Group Questionnaire revealed...

- Targeted interventions and support systems to address smoking behaviors during the pandemic would have been helpful.
- Education and culturally tailored programs may be essential in promoting smoking cessation and reducing tobacco-related disparities.

Overall, the data reveals the complex interplay of:

- individual, social, and environmental factors influencing smoking behaviors, emphasizing the importance of understanding these dynamics for effective higher education and public health efforts.



(Liburd, 2016)

Thank you for your attention.

Contact:

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Any Questions?

African-American College Student's Attitudes and Behaviors About Tobacco Use During COVID-19

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