

# Pattern, Knowledge, and Attitude of Pregnant Women towards Smoking in Saudi Arabia

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## ABSTRACT

**Aims:** To evaluate knowledge about the risks of tobacco use during pregnancy, attitudes towards preventive measures, and smoking patterns among pregnant women in Saudi Arabia.

**Methods:** This cross-sectional questionnaire study was conducted in Saudi Arabia from February to May 2023 on 571 pregnant women. The knowledge level was considered as fair if 50% to 75% of the questions were answered correctly, and as good if >75% of the questions were answered correctly. A Likert-type scale was used to assess their attitudes towards smoking prevention measures.

**Results:** Of the participants, 9.3% were current smokers (79.16% smoked both shisha and cigarettes), and 87.5% were exposed to secondhand smoke. Most current smokers (66.1%) had tried to quit smoking, and 86.8% had been advised by their doctors to quit smoking during pregnancy. The mean knowledge score was 7.67 of studied females, indicating good knowledge. The mean attitude score was  $42.65 \pm 6.31$ , and 81.6% had a positive attitude towards smoking preventive measures. Participants with bachelor's degrees, a parity of 1–3, health problems during pregnancy, and chronic diseases were more likely to have a good knowledge level. However, a non-significant relationship was found between participants' attitude and their demographic and obstetric data.

**Conclusions:** Most of the women had fair knowledge regarding the risks of smoking during pregnancy and a positive attitude towards smoking preventive measures. Further, pregnant women need to be educated about protecting their health and the health of their fetuses from secondhand smoke during pregnancy.

**Keywords:** cigarette smoking, pregnancy outcomes, secondhand smoke, smoking pattern, smoking risks, waterpipe smoking

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