

**Directorate General of
Planning and Studies**

**Directorate General of
Primary Health Care**

Oman

GLOBAL YOUTH TOBACCO SURVEY (GYTS)

2016 Country Report

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Preface

It gives me great pleasure to present to you the report of the third cycle of the Global Youth Tobacco Survey which was conducted in Oman in 2010. This survey is considered as part of the surveillance system that is repeated in most countries to monitor the progress of tobacco control in adolescents and youth.

Tobacco is one of the leading preventable causes of death in the world. Tobacco control actions could prevent young people from starting to use it, help current users to quit and protect non-smokers from exposure to secondhand smoke. It could also help in the reduction of the economic burden of diseases related to tobacco use.

The Sultanate of Oman became a signatory to the WHO Framework Convention on Tobacco Control in 2005 after the Royal Decree 20/2005. This Convention was developed in response to the globalization of the tobacco epidemic and is an evidence-based treaty that reaffirms the right of all people to the highest standard of health. The Convention represents a milestone for the promotion of public health and provides new legal dimensions for international health cooperation.

The most important achievements accomplished by the Sultanate in the field of tobacco control include banning smoking in enclosed public places, increase taxes on imported tobacco products and prohibition of selling and importing of smokeless tobacco products to Oman.

All these achievements would not have been possible without the active, sincere and dedicated efforts of a large number of partners including ministries, organizations and individuals of the National Tobacco Control Committee.

The technical support of the World Health Organization and the Centre for Disease and Control (CDC) in USA in conducting this survey is highly appreciated and acknowledged.

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This report has been prepared by Dr. Nahida Al-Lawati, Directorate General of Planning & Studies and is based on the 2016 Global Youth Tobacco Survey findings in Oman.

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Abbreviation

CDC	Centers for Disease Control and Prevention
CI	Confidence Interval
e- Cigarette/shisha	Electronic Cigarette/Shisha
EMRO	Eastern Mediterranean Regional Office
FCTC	Framework Convention on Tobacco Control
GCC	Gulf Cooperation Council
GYTS	Global Youth Tobacco Survey
OSH	Office on Smoking and Health
SE	Standard Errors
SHS	Second Hand Smoke
TFT	Tobacco Free Initiative
WHO	World Health Organization

Executive Summary

The GYTS is a school based tobacco survey which focuses on adolescents' aged 13-15 years. It is designed to gather information about smoking prevalence, knowledge attitudes and behaviors related to tobacco use, media and advertising in addition to prevention activities in schools' curriculum. It also provides information on where tobacco products are obtained and used by this group of youth.

The GYTS addresses the following issues:

1. Determine the level of tobacco use
2. Estimate the age of initiation of cigarettes use
3. Estimates the levels of susceptibility to become a cigarette smoker
4. Estimate the exposure to tobacco advertising
5. Identify key exposure to tobacco advertising
6. Identify key intervening variables such as attitudes and beliefs norms with regard to tobacco use among youth, which can be used in prevention programs
7. Assess the extent to which major prevention programs are reaching school-based populations and establish the subjective opinions of these populations regarding such intervention.

The 2016 Oman GYTS employed a two-stage cluster sample design to produce a representative sample of students in grades 8 to 10.

All schools containing 8th, 9th and 10th grades were included in the sampling frame. In the first stage, schools were selected with probability proportional to school enrollment size. The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each school selected during the first stage. The GYTS was conducted in 26 schools and 90 classrooms. Total of 2,208 students participated in the GYTS. The grades that were sampled for the 2016 GYTS were 8, 9 and 10.

The data were cleaned and edited for inconsistencies. Missing data were not statistically imputed. Software that takes into consideration the complex sample design was used to compute prevalence estimates and 95% confidence intervals. GYTS data are representative of all students attending grades from 8th to 10th in the Sultanate of Oman.

The study showed the following results:

A total of 2,208 questionnaires were completed in 26 schools. The school response rate was 100%. The student response rate was 91%, and the over all response rate was 91%.

Tobacco use: overall, 3.7% of the students in Oman are current tobacco smokers, 1.7% current cigarette smokers, 6% current tobacco users and 2.7% current smokers of other tobacco.

Generally, 14.8% of the students in Oman have ever smoked tobacco, 18.9% ever used tobacco and one tenth (10.5%) have ever smoked cigarette. More than one in ten of the students (12.2%) who never used tobacco are susceptible to tobacco use in the future. A considerable percentage of ever cigarette smokers started smoking at a very young age. More than half of the current smokers (59.7%) are showing signs of smoking independence.

Cessation: four in ten of the youth who smoke (39.5%) stated that they want to quit smoking and nearly half of the smokers (51.7%) tried to stop smoking in the past 12 months, but only 32% of them received a professional help or advice.

Second hand smoke (SHS): one in ten students (11.9%) were exposed to SHS at home and three in ten (32%) in enclosed public places. 38.7% of the students mentioned exposure to smoking at outdoor public places.

Access and availability: a considerable percentage of students (38.5%) purchased cigarettes from stores and 64.4% of them were not refused purchase of cigarettes because of their age. Around 13.2% of the students said that cigarettes are available near schools.

Anti-Tobacco: nearly 63.2% of students noticed anti-tobacco messages in the media and 72.1% of the current smokers noticed health warnings on cigarette packages. Only 20.9% of the youth noticed signs stating that adolescents are not allowed to buy tobacco products.

Tobacco Marketing: nearly one quarter of the students (27.3%) noticed tobacco advertisements or promotions at points of sale and more than half (56.4%) noticed anyone using tobacco on media like television, videos or movies. 7.1% of the students were offered a free tobacco product from tobacco company representatives and 9.5% of the students owned something with a tobacco brand logo on it.

Electronic cigarettes: four in ten students (42.1%) have ever used electronic cigarettes and 5.3% currently smoke electronic cigarettes. Almost one quarter of the current users (26.6%) have purchased the electronic cigarettes from Oman.

Shisha Use: Nearly one in ten students in Oman (11.2%) have ever smoked shisha and 7.4% of the students currently smoke shisha. Closely half of the current shisha smokers (47.2%) wants to stop smoking shisha. 85% of the students mentioned that they will definitely not smoke shisha if they were offered by their best friends. More than half of the ever shisha smokers (57.8%) have first tried it at or before the age of 11 years. Home was the most popular place for shisha smoking as was mentioned by 64.8% of the students. More than three quarters of the students, (77%) agreed that shisha smoking is definitely harmful to the health and 62.9% agreed that smoke from other people's shisha is definitely harmful.

Smokeless Tobacco: 7% of students in Oman have ever tried smokeless tobacco and 2.9% are current smokeless tobacco users. Nearly one quarter of the current users (25.2%) want to stop using smokeless tobacco. Only 20.7% of the students think that once someone has started using smokeless tobacco, it definitely would be difficult for them to quit. More than half of the ever

users of smokeless tobacco (59.6%) have first tried it at or before the age of 9 years. More than half of the current smokeless tobacco users (56.5%) have bought it from a store or shop.

Knowledge, Attitude and Perceptions: a significant percentage of students (85.9%) said they are definitely not going to accept any tobacco products offered by their best friends. 18.8% of the students definitely thought it is difficult to quit once someone starts smoking tobacco. 68.0% of the students definitely thought other people's tobacco smoking is harmful to them. Three quarters of the students, (75.8%) favored banning smoking inside enclosed public places and 70.2% favored banning smoking at outdoor public places. Nearly 13.5% of the students have one or more parents who smoke and 16.3% have any friends who smoke. 22.8% of the students think that young people who smoke have more friends and 15.8% of them think that young people who smoke are more attractive. Only half of the students (55.4%) have discussed with any of their family members the harmful effects of smoking tobacco and only 47.5% of them were taught in any of their classes the effects of using tobacco, during the last 12 months.

Recommendations:

-) Reemphasize the importance of anti-tobacco health educational programs in the schools, with the importance of modifying such programs to include the new smoking agents like electronic nicotine delivery devices.
-) To consider early initiation of anti-tobacco educational programs in the schools and to ensure regular and gradual administration of such programs aiming at delivering stepwise information targeting different ages, ensuring continuity of the program through later stages of education.
-) Activation and implementation of the peer education program in the schools, which provides students with both knowledge and skills necessary to protect them from tobacco use and its related dangers.
-) Importance of the provision of smoking cessation programs in adolescent friendly settings that ensures privacy and confidentiality.
-) Effectively enforce the law of smoking banning in enclosed public places through the National Tobacco Control Committee.
-) Demanding for a law to ban smoking in outdoor public places through the National Tobacco Control Committee.
-) Enforcement of smoking banning in school buildings or within school properties.
-) Prohibition of tobacco advertisement in all forms of media.
-) Place strict laws and regulations toward shisha smoking in public places.

Introduction

Tobacco use is the leading global cause of preventable death. WHO attributes nearly 6 million deaths a year to tobacco. This figure is expected to rise to more than 8 million deaths a year by 2030.¹ Most people begin using tobacco before the age of 18.²

The Global Youth Tobacco Survey (GYTS) was developed by the Tobacco Free Initiative (TFI), World Health Organization (WHO) and the Office on Smoking and Health (OSH) of the United States Centers for Disease Control and Prevention (CDC) in collaboration with a range of countries representing the six WHO regions to present comprehensive tobacco prevention and control information on young people. The GYTS provides a global standard to systematically monitor youth tobacco use and track key tobacco control indicators. GYTS is a nationally representative school-based survey of students 13-15 years of age, using a consistent and standard protocol across countries. It is intended to generate comparable data within and across countries.

1.1 Country Demographics

Oman is a Member State of the WHO-EMRO and is considered as high income country.

1.2 WHO Framework Convention on Tobacco Control and MPOWER

In response to the globalization of the tobacco epidemic, the 191 Member States of the World Health Organization unanimously adopted the WHO Framework Convention on Tobacco Control (FCTC) at the 56th World Health Assembly in May 2003. The FCTC is the world's first public health treaty on tobacco control. It is the driving force behind, and blueprint for, the global response to the pandemic of tobacco-induced deaths and diseases. The treaty embodies a coordinated, effective, and urgent action plan to curb tobacco consumption and lays out cost-effective tobacco control strategies for public policies such as banning direct and indirect tobacco advertising, increasing tobacco tax and price, promoting smoke-free public places and workplaces, displaying prominent health messages on tobacco packaging, and tobacco surveillance, research, and exchange of information.

To help countries fulfill their WHO FCTC obligations, in 2008 WHO introduced MPOWER, a technical package of six evidence-based tobacco control measures that are proven to reduce tobacco use and save lives:

-) Monitor tobacco use and prevention policies
-) Protect people from tobacco smoke
-) Offer help to quit tobacco use
-) Warn about the dangers of tobacco
-) Enforce bans on tobacco advertising, promotion and sponsorship
-) Raise taxes on tobacco

The GYTS supports WHO MPOWER by monitoring country-specific data on key tobacco indicators, including prevalence, knowledge, and behavior.

1.3 Purpose and Rationale

GYTS enhances countries' capacity to monitor youth tobacco consumption and tobacco use initiation, guide national tobacco prevention and control programs, and facilitate comparison of tobacco-related data at the national, regional, and global levels. Results from the GYTS are also useful for documenting the changes in different variables of tobacco control measures for monitoring the implementation of different provisions of the tobacco control law and the relevant Articles of the WHO Framework Convention.

The rationale for Oman's participation in the GYTS includes the following:

-) GYTS was conducted in Oman for three rounds in the years 2003, 2007 and 2010. Results of the 2016 survey will help in monitoring the trend of different indicators related to tobacco use and therefore will enhance countries' capacity to design, implement, and evaluate tobacco control interventions.
-) This survey addresses one of the emerging products in the tobacco industry which is electronic or e-cigarettes. This issue was not investigated previously and exploring youth's knowledge, practice and attitude toward this product will help policy makers in designing the appropriate programs to tackle this issue.
-) Oman is one of the EMRO countries, in which smoking is considered as a public health challenge, being one of two regions with high prevalence of tobacco use and with fastest growing consumers of tobacco products. Although prevalence of tobacco use in Oman is considered the lowest compared to other EMRO countries, it is essential to monitor regularly the prevalence of use of different tobacco products.³

1.4 Current State of Policy

Currently, in Oman, number of policies that align with MPOWER recommendations are in place. They could be summarized as follows³:

-) A national Tobacco Control Committee was formed to address the increasing prevalence of smoking.
-) In 2001, smoking was officially banned in all governmental buildings including educational institutes.
-) In 2001, the sale of all forms of tobacco products to minors was prohibited.
-) In 2001, sale of individual cigarette sticks was banned.
-) In 2005, Oman became party to the WHO Framework Convention on Tobacco Control.
-) In 2009, a substantial smoking ban for all enclosed public places was issued by Muscat Municipality. This ban was shortly followed by Dhofar Municipality in 2010 and then by Sohar Municipality in 2011.

-) In 2010, all forms of smokeless tobacco imports, sales and circulation in the country was banned.
-) In 2013, the Ministry of Commerce and Industry officially banned direct or indirect tobacco products promotion.
-) In 2015, electronic nicotine delivery devices such as e-cigarettes and e-shisha importation and distribution was banned.
-) In May 2016, the Committee on Financial and Economic Cooperation of the Gulf Cooperation Council (GCC) states amended the specific excise tax on tobacco products, making it equivalent to twice the current minimum applied on all tobacco products and its derivatives, starting 1 September 2016.

1.5 Other Tobacco Surveys

The GYTS was conducted in Oman in 2003, 2007 and 2010. In addition to the GYTS, a survey exploring knowledge, attitude and practices of university and high college students was conducted in the year 2008, in which smoking was one of the survey domains.

Methodology

2.1 Questionnaire

The GYTS questionnaire contained 72 multiple-choice questions. The survey included 43 questions from the GYTS Standard Core Questionnaire, 26 selected optional questions, and 3 country-specific questions. The final questionnaire was translated into Arabic and back-translated into English to check for accuracy. The 2016 Oman GYTS questionnaire is provided in **Appendix A**.

2.2 Sampling Design

The 2016 Oman GYTS is a school-based survey, which employed a two-stage cluster sample design to produce a national representative sample of students in grades eight to ten. The sampling frame consisted of all schools containing grades 8 to 10. In the first stage, schools were selected with probability proportional to school enrollment size. The second sampling stage consisted of systematic equal probability sampling (with a random start) of classes from each school selected during the first stage. The GYTS was conducted in 26 schools and 90 classrooms. Total of 2,208 students participated in the GYTS.

2.3 Data Collection

Data collection took place in May 2016, and was supported by 21 field staff.

Survey procedures were designed to protect the students' privacy by allowing for anonymous and voluntary participation. The questionnaire was self-administered in the classroom. Students recorded their responses directly on an answer sheet that could be scanned by a computer.

2.4 Data Analysis

A weight has been associated with each participating student record to reflect the likelihood of sampling of each student and to reduce bias by compensating for differing patterns of nonresponse. The weight used for estimation is given by: $W = W1 * W2 * f1 * f2 * f3 * f4$

W1= the inverse of the probability of selecting the school

W2= the inverse of the probability of selecting the class within the school

f1= a school-level nonresponse adjustment factor calculated by school size category (small, medium, large)

f2= a class adjustment factor calculated by school

f3= a student-level nonresponse adjustment factor calculated by class

f4= a post stratification adjustment factor calculated by gender and grade

SUDAAN, a software package for statistical analysis of complex survey data, was used to calculate weighted prevalence estimates and standard errors (SE) of the estimates (95% confidence intervals [CI] were calculated from the SEs). Frequency tables were developed for the survey

questions that are considered key tobacco control indicators from the GYTS. Indicators are in accordance with the WHO FCTC and MPOWER technical package.

Table 1 provides sample size and response rate information. For the 2016 Oman GYTS, 2,208 questionnaires were completed in 26 schools. A total of 2,208 students participated in the GYTS of which 1,498 were aged 13 to 15 years (Male: 624, Female: 873). The school response rate was 100%, the class response rate was 100%, and the student response rate was 91.1%. The overall response rate was 91.1%.

Table 1: Sample sizes and response rates, GYTS Oman, 2016.

	Total
<i>School Level</i>	
Number of Sampled Schools	26
Number of Participating Schools	26
School Response Rate (%)	100%
<i>Class Level</i>	
Number of Sampled Classes	90
Number of Participating Classes	90
Class Response Rate (%)	100%
<i>Student Level</i>	
Number of Sampled Students	2,423
Number of Participating Students	2,208
Student Response Rate (%)	91.1%
Overall Response Rate (%)	91.1%

Results

Table 2: Percentage of study subjects by gender, age and grade-GYTS Oman, 2016.

Gender		Age group			Grade		
Boys	Girls	13 years	14 years	15 years	8 th	9 th	10 th
46.5%	53.5%	12.8%	39.6%	47.6%	43.5%	38.3%	18.2%

Table 2 describes demographic characteristics of the study sample. 53.5% of the study sample were females and 46.5% males. Nearly half of the students (47.6%) were 15 years old, 39.6% were 14 years and only 12.8% were 13 years old. 43.5% of the students were in grade 8, 38.3% in grade 9 and 18.2% were grade 10 students.

Table 3: Average amount of money per week students aged 13-15 years have to spend on themselves, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Usually don't have any spending money	12.4% (9.6-16)	9.9% (6.5-14.8)	14.6% (11.2-19.0)
Less than 1.5 Rial	28.8% (23.5-34.8)	32.3% (24.4-41.5)	25.8% (20.1-32.5)
1.5 - 3 Rials	26.1% (22.5-30.0)	23.8% (20.1-28.0)	28% (22.7-33.9)
3.1- 5 Rials	14.0% (10.7- 18.2)	15.4% (10.4-22.1)	12.9% (9.7-17.0)
5.1- 7 Rials	7.5% (5.4-10.2)	7.9% (5.5-11.2)	7.1% (4.3-11.5)
7.1- 10 Rials	4.2% (2.5-7.1)	3% (1.4-6.5)	5.3% (2.9-9.3)
More than 10 Rials	6.9% (4.2-11.1)	7.7% (3.9-14.5)	6.3% (4.2-9.3)

Table 3 illustrates detailed amount of money students had per week to spend on themselves. Nearly one third of the students (28.8%) had less than 1.5 Rials per week and almost one quarter (26.1%) had between 1.5 to 3 Rials per week. 14.0% of the students had between 3.1 to 5 Rials, 7.5% had between 5.1 to 7 Rials and 4.2% of the students had between 7.1 to 10 Rials. 6.9% of the students had more than 10 Rials per week to spend and 12.4% of the students stated that they usually don't have any spending money. Generally, there was no gender variation in the amount of money per week spent by the students.

3.1 Tobacco Use

Table 4: Detailed tobacco use status among students 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Smoked Tobacco</i>			
Current tobacco smokers ¹	3.9% (2.7-5.5)	5.6% (3.8-8.2)	2.6% (1.4-4.7)
Current cigarette smokers ²	1.7% (0.9-3.0)	2.5% (1.6-4.1)	1% (0.4-2.5)
Frequent cigarette smokers ³	0.2% (0.0-1.0)	0.4% (0.1-2.0)	0
Current smokers of other tobacco ⁴	2.9% (1.9-3.9)	4.6% (3.0-7.0)	1.6% (0.8-3.3)
Ever tobacco smokers ⁵	14.8% (11.9-18.3)	19.4% (14.8-25.1)	10.8% (8.1-14.2)
Ever cigarette smokers ⁶	10.5% (8.2-13.4)	14.3% (11.2-18.1)	7.2% (5.0-10.2)
Ever smokers of other tobacco ⁷	6.8% (4.8-9.5)	9.6% (6.2-14.4)	4.3% (2.9-6.4)
<i>Smokeless Tobacco</i>			
Current smokeless tobacco users ⁸	2.9% (1.7-5.1)	4.2% (2.1-8.2)	1.8% (1.0-3.4)
Ever smokeless tobacco users ⁹	7.0% (5.0-9.6)	9.4% (6.7-13.1)	5.0% (3.1-7.8)
<i>Tobacco Use</i>			
Current tobacco users ¹⁰	6.3% (4.3-9.1)	9.2% (6.3-13.4)	4.0% (2.5-6.2)
Ever tobacco users ¹¹	18.9% (15.1-23.5)	24.2% (19.1-30.2)	14.3% (10.9-18.7)
<i>Susceptibility to Tobacco Use</i>			
Never tobacco users susceptible to tobacco use in the future ¹²	12.2% (8.7-16.7)	16.4% (11.0-23.9)	9.0% (6.3-12.7)
Never smokers who thought they might enjoy smoking a cigarette ¹³	8.0% (5.6-11.3)	10.0% (6.1-16)	6.6% (4.6-9.3)

¹ Smoked tobacco anytime during the past 30 days. ² Smoked cigarettes anytime during the past 30 days. ³ Smoked cigarettes on 20 or more days of the past 30 days. ⁴ Smoked tobacco other than cigarettes anytime during the past 30 days. ⁵ Ever smoked any tobacco, even one or two puffs. ⁶ Ever smoked cigarettes, even one or two puffs. ⁷ Ever smoked tobacco other than cigarettes, even one or two puffs. ⁸ Used smokeless tobacco anytime during the past 30 days. ⁹ Ever used smokeless tobacco. ¹⁰ Smoked tobacco and/or used smokeless tobacco anytime during the past 30 days. ¹¹ Ever smoked tobacco and/or used smokeless tobacco. ¹² Susceptible to future tobacco use includes those who answered "Definitely yes", "Probably yes", or "Probably not" to using tobacco if one of their best friends offered it to them or those who answered "Definitely yes", "Probably yes", or "Probably not" to using tobacco during the next 12 months. ¹³ Those who answered "Agree" or "Strongly agree" to the statement: "I think I might enjoy smoking a cigarette".

Table 4 shows in details indicators related to the use of different types of tobacco among students aged 13-15 years. 3.9% of the students are current tobacco smokers, 1.7% current cigarette smokers and 2.9% of them are current smokers of other tobacco. Only 0.2% of the students documented frequent tobacco use, i.e. smoked more than 20 cigarettes during the last 30 days. 14.8% of the students admitted that they ever smoked any tobacco, 10.5% ever smoked cigarettes and 6.8% ever smoked tobacco other than cigarettes, even one or two puffs. Ever tobacco use and ever cigarette smoking was more common among male students. 2.9% of the sampled students mentioned use of smokeless tobacco anytime during the last 30 days and 7% of them have ever used smokeless tobacco. Ever tobacco use was more common among male students. 12.2% of the students in Oman are susceptible to tobacco use in the future and 8.0% of the students who never smoked thought they might enjoy smoking in the future.

Table 5: Cigarettes smoked per day among current cigarette smokers 13-15 years old, by gender – GYTS Oman, 2016

Number of cigarettes usually smoked ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Less than 1 per day	60.7%* (39.3-78.7)	48%* (23.6-73.4)	89.5%* (59.6-98)
1 per day	11.7%* (4.6-26.3)	12.2%* (3.8-32.6)	10.5%* (2.0-40.4)
2 to 5 per day	20.5%* (7.4-45.4)	29.6%* (10.8-59.4)	0.0
6 to 10 per day	4.6%* (0.5-29.5)	6.6%* (0.8-39.1)	0.0
11 to 20 per day	2.6%* (0.3-17.0)	3.7%* (0.5-22.7)	0.0
More than 20 per day	0.0	0.0	0.0
Total	100	100	100
¹ On the days that current cigarette smokers smoked cigarettes during the past 30 days. *Number of respondents in this cell is less than 35.			

Table 5 shows that more than half of the current smokers (60.7%), smoke less than 1 cigarette per day and nearly one fifth (20.5%) smoke 2 to 5 cigarettes per day.

Table 6: Age at cigarette smoking initiation among ever cigarette smokers 13-15 years old, by gender – GYTS Oman, 2016.

Age when first trying a cigarette ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
7 years old or younger	24.5% (16.9-34)	21.6% (10.9-38.2)	29.8% (17.3-46.2)
8 or 9 years old	6.1% (3.0-11.7)	5.2% (1.6-15.2)	7.7% (2.8-19.3)
10 or 11 years old	15.9% (9.4-25.6)	14.5% (8.5-23.7)	18.4% (6.8-41.1)
12 or 13 years old	31.1% (20.2-44.7)	33.4% (16.9-55.3)	26.9% (16.4-40.9)
14 or 15 years old	22.5% (11.8-38.7)	25.4% (13.8-42.0)	17.2% (5.1-44.6)
Total	100	100	100

¹ Among those that have ever tried a cigarette.

Table 6 demonstrates that nearly one quarter of the students who ever smoked cigarettes did that at or before the age of 7 years. One third (31.1%) of them smoked first at 12-13 years of age and almost one fifth (22.5%) at 14-15 years of age. 6.1% of the students first tried smoking at 8-9 years of age and 15.9% first smoked at 10-11 years.

Table 7: Current smokers 13-15 years old who are showing signs of smoking dependence, by gender – GYTS Oman, 2016.

Signs of smoking dependence ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
	59.7%* (40.1-76.6)	59.8%* (40.6-76.5)	59.2%* (23.5-87.3)

¹ Those who answered: they sometimes or always smoke tobacco or feel like smoking tobacco first thing in the morning, or they start to feel a strong desire to smoke again within one full day after smoking.
*Number of respondents in this cell is less than 35.

Table 7 illustrates that more than half of the current smokers (59.7%) show signs of smoking dependence.

3.2 Cessation

Table 8: Smoking tobacco cessation indicators among current smokers 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Current smokers who...</i>			
Tried to stop smoking in the past 12 months	51.7%* (27.2-75.5)	58.2%* (24.0-86.0)	36.8%* (9.4-76.5)
Want to stop smoking now	39.5%* (18.3-65.5)	48.4%* (23.1-74.5)	0.0
Thought they would be able to stop smoking if they wanted to	63.8%* (46.3-78.3)	61.3%* (34.6-82.5)	70.2%* (41.4-88.7)
Have ever received help/advice from a program or professional to stop smoking	32%* (18.7-49.1)	27.3%* (14.0-46.6)	41.9%* (15.5-73.9)
*Number of respondents in this cell is less than 35.			

Table 8 shows that nearly half of the current smokers (51.7%) declared that they tried to stop smoking in the past 12 months and 39.5% of them admitted that they want to stop smoking now. 63.8% of the students thought they would be able to stop smoking if they wanted to and only 32% of them have ever received help or advice from a program or professional to stop smoking.

3.3 Secondhand Smoke

Table 9: Students 13-15 years old who were exposed to tobacco smoke, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Exposed to tobacco smoke at home¹	11.9% (9.0-15.6)	12.8% (8.7-18.4)	11.2% (7.3-16.6)
Exposed to tobacco smoke inside any enclosed public place¹	32.0% (28.2-36.0)	32.4% (25.7-40.0)	31.7% (27.0-36.7)
Exposed to tobacco smoke at any outdoor public place¹	38.7% (32.0-45.8)	41.7% (29.6-54.9)	36.1% (30.9-41.6)
Saw anyone smoking inside the school building or outside on school property²	19.7% (15.2-25.0)	28% (20.8-36.6)	12.4% (9.9-15.3)
¹ during the past 7 days. ² during the past 30 days.			

Table 9 displays number of indicators related to second hand smoke. 11.9% of the students were exposed to tobacco smoke at home and nearly one third of them (32.0%) were exposed to tobacco smoke inside any enclosed public places. Around 38.7% of the students were exposed to tobacco smoke at outdoor public places during the past 7 days and nearly on fifth of the students (19.7%) saw anyone smoking inside the school building or outside on school property during the past 30 days. This was more common among male students.

3.4 Access and Availability

Table 10: Source for obtaining cigarettes among cigarette smokers 13-15 years old, by gender – GYTS Oman, 2016.

Source ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Purchased from a store or shop	38.5%* (15.6-67.9)	39%* (14.0-71.5)	37.4%* (5.8-85.2)
Purchased from a street vendor	4.0%* (0.5-26.0)	5.8%* (0.7-34.2)	0.0
Purchased from a kiosk	5.0%* (0.6-31.3)	0.0	16.7%* (2.8-58.5)
Took it without anyone's knowledge	12.9%* (4.5-31.7)	12.6%* (3.3-37.9)	13.6%* (2.3-50.8)
Got them from someone else	16.1%* (6.0-36.6)	23.0%* (9.7-45.4)	0.0
Got them some other way	23.5%* (9.6-47.0)	19.7%* (8.3-39.9)	32.4%* (4.8-81.9)
Total	100	100	100

¹ How cigarette smokers obtained the cigarette they last smoked during the past 30 days.
*Number of respondents in this cell is less than 35.

Table 10 illustrates that most of the students obtained cigarettes from a shop or a store (38.5%), 16.1% of the students got the cigarettes from someone else, 12.9% took it without anyone's knowledge, 5.0% purchased from a kiosk and 4.0% of the students purchased cigarettes from a street vendor. Nearly one quarter of the students (23.5%) got the cigarettes some other way.

Table 11: Current cigarette smokers 13-15 years old who were not prevented from buying cigarettes because of their age, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Current cigarette smokers who were not prevented from buying cigarettes in the past 30 days because of their age¹	64.4%* (34.1-86.4)	63.6%* (32.1-86.6)	66.1%* (16.6-95.0)

¹ Among those who tried to buy cigarettes during the past 30 days.
*Number of respondents in this cell is less than 35.

Table 11 displays that more than half of the current smokers (64.4%) were not prevented from buying cigarettes in the past 30 days because of their age.

Table 12: Unit of cigarette purchase among current cigarette smokers 13-15 years old, by gender – GYTS Oman, 2016.

Unit of purchase ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Individual sticks	14.9%* (3.0-49.8)	12.2%* (1.5-55.7)	20.1%* (1.4-81.7)
Pack	51.9%* (27.1-75.7)	60.4%* (30.9-83.9)	35.9%* (7.0-80.7)
Carton	0.0	0.0	0.0
Rolls	23.5%* (7.5-53.8)	12.6%* (1.7-55.2)	43.9%* (16.5-75.7)
Loose tobacco and rolled it by own	9.7%* (1.2-48.8)	14.8%* (1.8-62.3)	0.0
Total	100	100	100

¹ Based on the last purchase, among those who bought cigarettes during the past 30 days.
*Number of respondents in this cell is less than 35.

Table 12 shows unit of cigarette purchase among current cigarette smokers. Nearly half of the students (51.9%) purchased them by pack and almost one quarter (23.5%) purchased by rolls. 14.9% of the students purchased by individual sticks and 9.7% purchased loose tobacco and rolled it by own.

Table 13: Cost of cigarettes among students 13-15 years old, by gender and smoking status – GYTS Oman, 2016.

Cost of a pack (20 cigarettes) ¹	Overall	Boys	Girls	Current smokers	Never smokers
	<i>Percentage (95% CI)</i>				
300 to 400 Bz	21.5% (15.6-28.9)	21.6% (13.9-32.2)	21.3% (14.3-30.7)	12.7% (1.7-55.1)	21.6% (15.1-29.8)
500 to 600 Bz	20.6% (14.5-28.4)	23.3% (16.4-32.0)	14.3% (9.1-21.8)	9.8% (2.2-34.3)	21% (14.7-29.2)
700 to 800 Bz	16.6% (12.3-22.1)	16.3% (10.6-24.4)	17.6% (10.5-27.8)	12.2% (2.5-42.9)	17.3% (12.6-23.2)
900 Bz	11% (6.9-17.0)	7.7% (3.5-16.1)	18% (9.6-31.1)	16% (4.1-46.2)	10.3% (5.7-17.7)
One Rial or more	30.3%	31%	28.8%	49.3%	29.8%

	(20.7-42.0)	(20.0-44.7)	(17.9-42.9)	(27.4-71.5)	(20.1-41.8)
Total	100	100	100	100	100
¹ On average, how much students think a pack of 20 cigarettes costs.					

Table 13 demonstrates youth answers regarding the cost of cigarette pack containing 20 cigarettes by smoking status. Nearly half of the current smokers stated that the pack costs more than one Rial, whereas, only one third of the never smokers gave the same answer.

Table 14: Availability of cigarettes near schools- GYTS Oman, 2016.

Availability	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Yes¹	13.2% (10.0-17.2)	17.4% (13.9-21.5)	9.5% (6.3-14.1)
No¹	37.7% (33.9-41.7)	39.4% (33.9-45.1)	36.4% (29.3-44.1)
I don't know¹	49.1% (44.3-53.9)	43.3% (38.1-48.6)	54.1% (48.0-60.1)
¹ Answers of the students when they were asked if they can purchase tobacco cigarettes near their schools.			

Table 14 reveals that 13.2% of the students stated that they can purchase tobacco cigarettes near the school. 37.7% of the students said no and nearly half of them (49.1%) didn't have the information.

Table 15: Access to tobacco products for students aged 13-15 years- GYTS Oman, 2016.

Access¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Very difficult¹	14.7% (13.0-16.5)	16.9% (13.6-20.9)	12.7% (10.5-15.4)
Fairly difficult¹	5.2% (4.2-6.6)	6.9% (5.1-9.2)	3.9% (2.6-5.6)
Fairly easy¹	5.0% (3.5-7.2)	6.1% (3.5-10.4)	4.1% (2.2-7.6)
Very easy¹	6.2% (4.5-8.5)	9.3% (6.8-12.5)	3.4% (2.1-5.3)
I don't know¹	68.9% (63.4-74.0)	60.8% (53.8-67.5)	75.9% (70.5-80.7)
¹ Answers of the students when asked how easy or difficult it is to get tobacco products/cigarettes if they wanted some			

Table 15 shows the answers of the students when asked how easy or difficult it is to get tobacco products, 14.7% said it is very difficult, 5.2% said it is fairly difficult, 5.0% said it is fairly easy and 6.2% said it is very easy. More than half of the students (68.9%) said they don't know.

3.5 Media

3.5.1 Anti-Tobacco

Table 16: Noticing anti-tobacco information among students 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Noticed anti-tobacco messages in the media¹ in the past 30 days²	63.2% (59.0-67.2)	60% (52.8-66.7)	65.9% (62.5-69.2)
<i>Noticed anti-tobacco messages at sporting or community events</i>			
Among all students in the past 30 days	17.6% (14.8-20.8)	21.1% (17.4-25.4)	14.6% (11.7-18.1)
Among those who attended sporting or community events in the past 30 days	37.1% (32.8-41.6)	39.9% (33.9-46.3)	34.2% (29.4-39.4)
Taught in school about the dangers of tobacco use in the past 12 months²	51.5% (46.7-56.3)	46.7% (39.8-53.7)	55.7% (51.6-59.7)
¹ For example, television, radio, internet, billboards, posters, newspapers, magazines, movies.			
² Among all students aged 13-15 years old.			

Table 16 shows that more than half of the students (63.2%) noticed anti-tobacco messages in the media in the past 30 days. In addition, 17.6% of all students and 37.1% of students who attended sporting or community events in the past 30 days, have noticed anti-tobacco messages at these events. Only half of the students (51.5%) were taught in school about dangers of tobacco use during the past 12 months.

Table 17: Noticing of health warnings on cigarette packages among current and never smokers 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Current smokers who noticed health warnings on cigarette packages¹	72.1% (59.7-81.9)	75.1%* (62.4-84.6)	67.3%* (45.9-83.3)
<i>Thought about quitting smoking because of health warnings on cigarette packages¹</i>			
Among current smokers	21.7% (12.8-34.5)	17.9%* (8.6-33.4)	27.8%* (12.1-51.9)
Among current smokers who noticed health warnings	30.1% (17.2-47.2)	23.8%* (11.1-43.6)	41.4%* (18.7-68.4)
Never smokers who thought about not starting smoking because of health warnings on cigarette packages^{1,2}	19.7% (14.9-25.7)	21.5% (15.6-28.8)	18% (13.5-23.6)
¹ During the past 30 days.			

² Among never smokers who noticed health warnings on cigarette packages in the past 30 days.

*Number of respondents in this cell is less than 35.

Table 17 displays that nearly three quarters of the students who currently smoke (72.1%), have noticed health warnings on cigarette packages and 30.1% of them thought about quitting smoking because of health warnings on cigarette packages. Furthermore, 19.7% of the never smokers, thought about not starting smoking because of health warnings on cigarette packages.

Table 18: Noticing of signs stating that adolescents are not allowed to buy tobacco products among students 13-15 years by gender-GYTS Oman, 2016 Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Yes¹	20.9% (18.7-23.3)	23.5% (20.9-26.3)	18.8% (15.8-22.1)
No¹	79.1% (76.7-81.3)	76.5% (73.7-79.1)	81.2% (77.9-84.2)
Answers of the students who were asked if they have noticed, during the past 30 days, any signs stating that adolescents are not allowed to buy any tobacco products.			

In Table 18 it is clear that only 20.9% of the students aged 13-15 years noticed signs stating that adolescents are not allowed to buy tobacco products.

3.5.2 Tobacco Marketing

Table 19: Noticing tobacco marketing among students 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Noticed tobacco advertisements or promotions at points of sale</i>			
Among all students in the past 30 days	27.3% (24.2-30.7)	27.4% (23.2-32.1)	27.1% (22.7-32.1)
Among those who visited a point of sale in the past 30 days	34.5% (30.4-38.7)	35.5% (29.7-41.6)	33.5% (28.8-38.6)
<i>Noticed anyone using tobacco on television, videos, or movies</i>			
Among all students in the past 30 days	56.4% (52.7-59.9)	51.4% (45.1-57.7)	60.7% (57.8-63.5)
Among those who watched television, videos, or movies in the past 30 days	68.5% (64.8-71.9)	65.8% (58.6-72.3)	70.7% (68.0-73.4)
Ever offered a free tobacco product from a tobacco company representative	7.1% (4.9-10.2)	9.9% (6.6-14.6)	4.7% (3.4-6.6)

Table 19 demonstrates indicators related to tobacco marketing. Approximately one third of all students (27.3%) and 34.5% of the students who visited a point of sale in the past 30 days have noticed tobacco advertisement or promotions. Moreover, more than half of all students (56.4%) and 68.5% of students who have watched television, videos or movies in the past 30 days have noticed anyone using tobacco on television, videos or movies. Around 7.1% of students have ever offered a free tobacco product from a tobacco company representative.

Table 20: Ownership and receptivity to tobacco marketing among students 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who owned something with a tobacco brand logo on it¹	9.2% (6.5-12.9)	12.7% (8.6-18.3)	6.3% (4.3-9.1)
Never tobacco users who owned something with a tobacco brand logo on it or might in the future^{2,3}	23.2% (18.2-29.2)	29.8% (22.3-38.6)	18.4% (14.7-22.9)
¹ For example, a t-shirt, pen, backpack.			
² Those who might use or wear something that has a tobacco company or product name or picture on it.			
³ Considered highly receptive to tobacco marketing (at risk for future tobacco use).			

Table 20 shows that 9.2% of all students have owned something with a tobacco brand logo on it and nearly quarter of never tobacco users (23.2%) owns something with a tobacco brand logo on it or might in the future.

3.6 Electronic Cigarettes

Table 21: Knowledge and practice of students 13-15 years old towards electronic cigarettes, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Students who...			
Have ever heard of electronic cigarettes or e-cigarettes	42.1% (36.4-48.0)	47.6% (40.3-54.9)	37.4% (29.0-46.6)
Currently smoke tobacco electronic cigarettes	5.3% (3.4-8.3)	8.9% (6.1-12.7)	2.3% (1.2-4.3)

When students were asked about their knowledge of electronic cigarettes, 42.1% stated that they have heard of electronic or e-cigarettes. 5.3% of the students stated that they currently smoke tobacco electronic cigarettes. Electronic tobacco smoke is more common among male students (Table 21).

Table 22: Source for purchasing electronic cigarettes among users 13-15 years old students, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Purchase from canteen in Oman	26.6%* (17.8-37.9)	24.9%* (14.1-40.1)	28.8%* (17.6-43.5)
Purchase from other countries	33.6%* (22.3-47.1)	32.8%* (17.2-53.3)	34.6%* (21.4-50.7)
Purchase through the internet	17.4%* (9.7-29.1)	19.1%* (8.2-38.3)	15.3%* (7.1-29.9)
Other sources	22.4%* (12.9-36.0)	23.3%* (10.6-43.8)	21.3%* (9.7-40.6)

*Number of respondents in this cell is less than 35.

Table 22 demonstrates the source for purchase of electronic cigarettes among the users. More than one third of them (33.6%) purchased the electronic cigarettes from other countries and nearly one quarter (26.6%) purchased it from canteen in Oman. 17.4% of the users purchased it through the internet and 22.4% purchased it from other sources.

3.7 Shisha Use

Table 23: Practices and attitudes of students aged 13-15 years towards shisha, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Percentage of students who ever smoked shisha	11.4% (8.5-15.3)	15.5% (10.2-22.9)	8.0% (5.2-12.1)
Percentage of students who currently smoke shisha	1.4% (0.8-2.6)	2.5% (1.2-4.8)	0.6% (0.2-1.6)
Percentage of students who definitely will not smoke shisha if they were offered by their best friends	85.7% (81.7-89.0)	81.3% (75.4-86.1)	89.5% (85.0-92.8)

The table above (

Table 23) shows that more than 1 in ten of the youth in Oman have ever smoked shisha and only 1.4% of the students currently smoke shisha. 85.7% of the students mentioned that they will definitely not smoke shisha if they were offered by their best friend.

Table 24: Age when first shisha tried among ever shisha smokers 13-15 years old, by gender – GYTS Oman, 2016.

Age when first trying shisha ¹	Overall	Boys	Girls
	Percentage (95% CI)		
7 years old or younger	32.7% (22.3-45.2)	39.3% (22.0-59.9)	21.9%* (7.0-50.9)
8 or 9 years old	15.5% (8.4-26.8)	15% (7.3-28.3)	16.2%* (6.8-33.8)
10 or 11 years old	9.6% (4.7-18.3)	8.3% (2.8-22.0)	11.6%* (4.8-25.3)
12 or 13 years old	24% (15.1-36.0)	20.4% (10.9-34.8)	30%* (15.5-50.1)
14 or 15 years old	15% (8.5-25.2)	11.8% (4.7-26.6)	20.3%* (9.4-38.4)

¹ Among those that have ever tried a shisha.
*Number of respondents in this cell is less than 35.

Table 24 shows the age when first shisha tried among ever shisha smokers. Almost one third of the ever shisha smokers (32.7%) have tried it at or before the age of 7 and more than half of them (57.8%) have first tried shisha at or before the age of eleven.

Table 25: Location of last shisha smoked among current shisha users among students aged 13-15 years, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	Percentage (95% CI)		
At home	45.8%* (15.0-80.1)	53.0%* (17.9-85.4)	22.3%* (2.3-77.7)
At a coffee shop	18.4%* (6.2-43.1)	20.0%* (8.2-52.6)	0.0
At a restaurant	25.8%* (6.3-64.3)	17.6%* (3.2-57.9)	52.6%* (11.3-90.6)
Youth gatherings (farms, beaches, outside gatherings)	4.2%* (0.6-42.1)	5.4%* (0.8-30.4)	0
Others	5.9%* (0.6-38.8)	0.0	25.1%* (2.7-80.3)

*Number of respondents in this cell is less than 35.

The above table (Table 25) shows that home is the most common place for smoking shisha (45.8%) followed by restaurant (25.8%) and coffee shop (18.4%).

Table 26: Knowledge of students aged 13-15 years of shisha, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Percentage of students who think that shisha smoking is definitely harmful to the health	77.0% (67.6-84.2)	66.6% (55.2-76.4)	86.0% (81.7-89.4)
Percentage of students who think the smoke from other people's shisha smoking is definitely harmful to the health	62.9% (55.2-70.1)	55.4% (46.2-64.1)	69.6% (62.5-75.9)
Percentage of students who think that once someone has started smoking shisha, it definitely would be difficult for them to quit	22.9% (20.2-25.7)	20.8% (16.7-25.6)	24.7% (21.5-28.2)

Table 26 illustrates indicators of students' knowledge of shisha. More than three quarters of the students, (77.0%) stated that shisha smoking is definitely harmful to the health. This was more common among female students. 62.9% of the students believed that smoke from other people's shisha smoking is definitely harmful to the health. Furthermore, only 22.9% of the students thought that once someone has started smoking shisha, it definitely would be difficult for them to quit.

3.8 Smokeless Tobacco

Table 27: Practices, knowledge and attitudes of students aged 13-15 years towards smokeless tobacco, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
Percentage of current smokeless tobacco users who want to stop using smokeless tobacco	25.2%* (8.6-54.5)	22.9%* (8.1-49.8)	34.3%* (3.6-88.1)
Percentage of students who definitely will not use smokeless tobacco if they were offered by their best friends	86.4% (82.0-89.9)	83% (76.5-88.0)	89.5% (85.7-92.4)
Percentage of students who think that once someone has started using smokeless tobacco, it definitely would be difficult for them to quit	20.7% (17.8-24.1)	18.1% (15.0-21.7)	22.9% (19.6-26.7)
*Number of respondents in this cell is less than 35.			

Table 27 displays that nearly one quarter of the current smokeless tobacco users want to stop using the smokeless tobacco and 86.4% of the students will definitely not use smokeless tobacco if they were offered by their best friend. Nearly one fifth of the students (20.7%) stated that once someone has started using smokeless tobacco, it definitely would be difficult for them to quit.

Table 28: Age when first smokeless tobacco tried among ever smokeless tobacco users 13-15 years old, by gender – GYTS Oman, 2016.

Age when first trying shisha ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
7 years old or younger	46.1%* (19.8-74.8)	50.7%* (19.3-81.6)	27.2%* (2.3-85.3)
8 or 9 years old	13.5%* (4.8-32.8)	12.5%* (3.3-37.5)	17.6%* (4.6-48.8)
10 or 11 years old	0.0	0.0	0.0
12 or 13 years old	12%* (4.0-30.9)	5.9%* (1.0-28.0)	37.6%* (12.3-72.1)
14 or 15 years old	28.3%* (14.3-48.5)	30.9%* (15.3-52.6)	17.6%* (4.6-48.8)

¹ Among those that have ever tried smokeless tobacco.
*Number of respondents in this cell is less than 35.

The table above (Table 28) shows that nearly half of the students (46.1%) have started using smokeless tobacco at or before the age of 7 years.

Table 29: Source for obtaining smokeless tobacco among current users 13-15 years old, during the past 30 days, by gender – GYTS Oman, 2016.

Source ¹	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Bought it in a store or shop	56.5%* (27.3-81.8)	58.7%* (26.3-85.0)	51.0%* (10.7-90.1)
Bought it from a street vendor	5.8%* (0.5-40.8)	8.1%* (0.6-54.8)	0.0
Bought it at a kiosk	7.8%* (0.7-48.8)	10.9%* (0.9-63.2)	0.0
Took it without anyone's knowledge	22.9%* (11.4-40.5)	22.2%* (9.6-43.3)	24.5%* (7.0-58.3)
Got them from someone else	7.0%* (0.8-41.8)	0.0	24.5%* (7.0-58.3)
Got them some other way	0.0	0.0	0.0

¹ How current smokeless tobacco users obtained the smokeless tobacco they last smoked during the past 30 days.
*Number of respondents in this cell is less than 35.

Table 29 illustrates the source of obtaining smokeless tobacco. More than half of the youth (56.5%) have bought it from store or shop. Kiosk is another common source (7.8%) followed by street vendor (5.8%). 22.9% of the students reported that they took it without anyone's knowledge and 7% got smokeless tobacco from someone else.

3.9 Knowledge, Attitudes and Perceptions

Table 30: Knowledge, attitude and perception of students aged 13-15 years towards smoking tobacco, by gender-GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
Percentage of youth who have one or more parents who smoke	13.5% (9.7-18.4)	15.4% (10.3-22.5)	11.7% (7.7-17.3)
Percentage of youth who have any friends who smoke	16.3% (11.7-22.2)	24.5% (16.8-34.3)	9% (5.4-14.8)
Percentage of youth who think that young people who smoke have more friends	22.8% (20.1-25.6)	24.5% (19.8-29.8)	21.3% (18.1-24.9)
Percentage of youth who think that young people who smoke are more attractive	15.8% (12.3-20.1)	22.2% (18.5-26.3)	10.3% (8.1-13.1)
Percentage of students who has discussed with any of their family members the harmful effects of smoking tobacco	55.4% (50.4-60.3)	57.4% (50.1-64.4)	53.8% (49.3-58.2)
Percentage of students who, during the past 12 months, discussed in any of their classes the reasons why people at their age use tobacco	28.5% (23.7-33.9)	28.3% (21.5-36.2)	28.7% (24.6-33.2)
Percentage of students who, during the past 12 months, taught in any of their classes the effects of using tobacco (like it makes your teeth yellow, causes wrinkles, or makes you smell bad)	47.5% (41.6-53.4)	40.1% (35.3-45.2)	53.9% (48.0-59.6)
Never smokers who think they might enjoy smoking	8% (5.6-11.3)	10% (6.1-16.0)	6.6% (4.6-9.3)
Never tobacco users who are susceptible to using tobacco in the future	12.2% (8.7-16.7)	16.4% (11.0-23.9)	9% (6.3-12.7)
Students who are definitely not going to accept any tobacco products offered by their best friend	85.9% (81.3-89.5)	80.9% (74.3-86.2)	90.1% (87.1-92.6)

Table 30 demonstrates students' knowledge, attitude and perception towards smoking tobacco. Nearly 13.5% of the students had one or more parents who smoke and 16.3% had any friend who smoke. More than one fifth of the students (22.8%) thought that young people who smoke have more friends and 15.8% thought that young people who smoke are more attractive. This was more common among male students. Only half of the students (55.4%) has discussed with any of their family members the harmful effects of smoking tobacco and only 28.5% of them discussed, during the past 12 months, in any of their classes the reasons why people at their age use tobacco. Similarly, only half of the students (47.5%) were taught in any of their classes, during the past 12 months, the effects of using tobacco like it makes the teeth yellow, causes wrinkles or makes the smoker smell bad. Female students were more likely to know about the effects of smoking than male students. Around 8% of the students who never smoked stated

that they might enjoy smoking and 12.2% of never tobacco users are considered to be susceptible to tobacco use in the future. On the other hand, 85.9% of the students stated that they will definitely not going to accept any tobacco products offered by their best friends.

Table 31: Knowledge and attitudes towards smoking cessation and social smoking among students 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Students who...</i>			
Definitely thought it is difficult to quit once someone starts smoking tobacco	18.8% (16.2-21.7)	18.4% (14.6-22.9)	19.2% (16.5-22.3)
Thought smoking tobacco helps people feel more comfortable at celebrations, parties, and social gatherings	18.0% (13.7-23.3)	22.8% (18.1-28.4)	13.9% (9.8-19.3)

Table 31 illustrates student’s knowledge and attitude towards smoking cessation. Around 18.8% of the students definitely thought it is difficult to quit once someone starts smoking and 18% thought smoking tobacco helps people feel more comfortable at celebrations, parties and social gatherings.

Table 32: Knowledge and attitudes towards secondhand smoke among students 13-15 years old, by gender – GYTS Oman, 2016.

	Overall	Boys	Girls
	<i>Percentage (95% CI)</i>		
<i>Students who...</i>			
Definitely thought other people’s tobacco smoking is harmful to them	68% (60.7-74.5)	58.6% (51.3-65.5)	76.1% (71.2-80.3)
Favored banning smoking inside enclosed public places	75.8% (70.3-80.6)	69.5% (62.9-75.4)	81.2% (75.7-85.7)
Favored banning smoking at outdoor public places	70.2% (64.9-75.0)	63.9% (55.7-71.4)	75.5% (71.9-78.7)

Table 32 demonstrates students’ knowledge and attitude towards second hand smoke. Around 68% of them definitely thought other people’s tobacco smoking is harmful to them. Almost three quarters of the students, (75.8%) favored banning smoking inside enclosed public places and 70.2% favored banning smoking at outdoor public places. All of these indicators were more common among female students.

Discussion

4.1 Discussion of Survey Findings

Oman-GYTS 2016 is the fourth survey conducted in Oman. The previous three surveys were conducted in the years 2003, 2007 and 2010. These series of surveys are very important to track changes in tobacco use and other related issues among youth in Oman over the years. Furthermore, as the same methodology and core standard questionnaires are used by the other countries, it enables us to make cross country comparison of prevalence of different types of tobacco used by youth and other related indicators with the neighbor countries.

Tobacco Use

-) In Oman, 3.9% of the youth are current tobacco smokers, 1.7% current cigarette smokers and 2.9% current smokers of other tobacco.
-) Only 0.2% of the youth documented frequent tobacco Use and 60.7% smoke less than 1 cigarette per days. Around one fifth of the youth smoke 2 to 5 cigarettes per day.
-) Overall, 14.8% of the youth have ever smoked tobacco, 10.5% ever smoked cigarettes and 6.8% ever smoked tobacco other than cigarettes.
-) Ever tobacco smoking and ever cigarette smoking is more common among male youth compared to females.
-) Current and ever tobacco use is significantly higher among male youth compared to females.
-) 7.0% of the youth have ever used smokeless tobacco and 2.9% used smokeless tobacco during the last 30 days.
-) 12.2% of the youth in Oman are susceptible to tobacco use and 8.0% of youth who never smoked thought they might enjoy smoking in the future.
-) Nearly quarter (24.5%) of the youth who ever smoked, initiated smoking at 7 years or younger and almost half of the youth (46.5%) started smoking cigarettes at age 11 years or younger. This indicates the importance of providing health education programs for youth at very early stages.
-) More than half of the youth who currently smoke (59.7%) shows signs of smoking dependence.

Cessation

-) Overall, 39.5% of youth who currently smoke cigarettes reported that they desired to stop smoking.
 -) More than half of the youth (51.7%) tried to stop smoking in the past 12 months.
 -) Only 32% of the youth have ever received a professional help or advice to stop smoking.
-

Secondhand Smoke

-) Overall, 11.9% of the youth were exposed to smoke in their home.
-) Approximately one third of all youth (32%) were exposed to tobacco smoke inside any enclosed public places. This is considered high in the view of substantial ban of smoking in all enclosed public places.
-) 38.7% of the youth were exposed to second hand smoke in outdoor public places.
-) Nearly one in five of the youth (19.7%) saw anyone smoking inside the school building or outside on school property. This is considered high as smoking inside educational buildings is prohibited.

Access and Availability

-) Overall, four in 10 (38.5%) students who currently smoke cigarettes usually purchased it from stores.
-) More than six in 10 (64.4%) students who bought cigarettes in a store were not refused purchase of cigarettes because of their age despite the law which prohibits the sale of all forms of tobacco products to minors in Oman.
-) 13.2% of the students stated that tobacco could be purchased near the schools.

Exposure to Anti-Tobacco Information

-) More than six in ten students (63.2%) noticed anti-tobacco messages in the media during the past 30 days.
-) Only half of the students (51.5%) reported having been taught in school about the dangers of tobacco during the past 12 months.
-) Only one fifths of the students (20.9%) have noticed signs stating that adolescents are not allowed to buy tobacco products.

Awareness and Receptivity to Tobacco Marketing

-) More than one quarter of the youth (27.3%) noticed tobacco advertisements or promotions at points of sale.
-) More than half of the youth (56.4%) noticed anyone using tobacco on television, video, or movies.
-) Overall, 9.2% of students owned an object with a cigarette brand logo on it.

Electronic Cigarettes

-) Overall, more than four in ten (42.1%) students have ever heard of electronic cigarettes or e-cigarettes.
-) Nearly 5.3% of youth in Oman currently smoke electronic cigarettes.

-) Nearly one quarter (26.6%) of the current electronic cigarette users have purchased it from Oman, although electronic nicotine delivery devices importation and distribution is banned in Oman since 2015.³

Shisha Use

-) 1.4% of youth in Oman are current shisha smokers with no significant gender difference.
-) Overall, more than eight in ten students (85.7%) will definitely not smoke shisha if were offered by their best friends.
-) More than half of the ever shisha smokers (57.8%), have first tried it at or before the age of 11 years.
-) The most popular place for shisha smoking for youth is at home (64.8%).
-) More than three quarters of the youth (77.0%), think that shisha smoking is definitely harmful to the health.

Smokeless tobacco

-) Nearly, one quarter of current smokeless tobacco users (25.2%) want to stop using the smokeless tobacco.
-) Overall, more than eight in ten students (86.4%), will definitely not use smokeless tobacco if were offered by their best friends.
-) More than half (59.6%) of the ever users of smokeless tobacco have first used it at or before the age of 9 years.
-) In spite of banning of all forms of smokeless tobacco imports, sale and circulation in Oman, more than half of the current users of smokeless tobacco (56.5%) have purchased it from a store or shop.

Knowledge, Attitudes and Perceptions

-) Overall, almost nine out of ten students (85.9%) are definitely not going to accept any tobacco products offered by their best friends.
 -) Nearly three quarters of the youth (75.8%) favored banning smoking inside enclosed public places and 70.2% favored banning smoking in outdoor public places.
 -) Nearly 13.5% of the youth have one or more parents who smoke and 16.3% of them have any friend who smoke.
 -) Overall, more than two in ten students (22.8%) think that young people who smoke have more friends and 15.8% think that young people who smoke are more attractive. The last perception was more common among male students.
 -) Only half of the youth (55.4%) has discussed with any of their family members the harmful effects of smoking tobacco.
-

4.2 Comparison to Previous Tobacco Surveys Table 33 illustrates the changes in the prevalence of tobacco use over the four GYTS surveys conducted in Oman.

Table 33: Prevalence of tobacco use among 13-15 years in Oman by gender, GYTS Oman, 2003, 2007, 2010 and 2016^{4,5,6}

	GYTS	Total	Boys	Girls
Smoked Tobacco				
Current cigarette smokers	2003	6.8% (3.3-13.5)	14.2% (6.5-28.1)	1.8% (1.0-3.4)
	2007	2.3% (1.1-4.8)	3.5% (1.8-6.6)	1.2% (0.3-4.1)
	2010	1.8% (0.9-4.0)	3.1% (1.3-7.1)	0.6% (0.2-1.9)
	2016	1.7% (0.9-3.0)	2.5% (1.6-4.1)	1% (0.4-2.5)
Ever Cigarette smokers	2003	14.4% (9.9-20.4)	25.2% (17.1-35.3)	6.6% (4.0-10.9)
	2007	10.0% (6.7-14.6)	14.5% (9.5-21.5)	5.7% (3.3-9.4)
	2010	10.2% (7.3-14.0)	16.4% (10.2-25.3)	5.3% (3.3-8.3)
	2016	10.5% (8.2-13.4)	14.3% (11.2-18.1)	7.2% (5.0-10.2)
Smokeless Tobacco				
Current smokeless tobacco users	2003	5.1%	10.6%	1.4%
	2007	4.1% (2.5-6.8)	5.3% (3.1-8.9)	2.3% (1.0-4.9)
	2010	1.6% (0.9-2.9)	2.5% (1.2-5.3)	0.9% (0.4-2.2)
	2016	2.9% (1.7-5.1)	4.2% (2.1-8.2)	1.8% (1.0-3.4)
Tobacco Use				
Current tobacco users	2003	14.3% (10.0-20.0)	24.1% (15.9-34.9)	7.6% (5.8-9.9)
	2007	6.8% (4.3-10.5)	8.4% (5.1-13.5)	4.3% (2.3-7.8)
	2010	3.3% (2.0-5.5)	4.9% (2.5-9.2)	1.7% (0.8-3.6)
	2016	6.3% (4.3-9.1)	9.2% (6.3-13.4)	4.0% (2.5-6.2)
Shisha Use				
Current Shisha users	2003	5.5% (3.4-8.7)	10.7% (7.4-15.3)	1.5% (0.7-3.2)
	2007	3.1% (1.6-5.6)	4.3% (2.3-8.0)	1.4% (0.6-3.5)
	2010	1.5% (0.8-2.7)	2.0% (0.8-5.0)	0.9% (0.4-2.2)
	2016	1.4% (0.8-2.6)	2.5% (1.2-4.8)	0.6% (0.2-1.6)
Susceptibility				
	2003	12.1%	15.8%	10.3%

Never tobacco users susceptible to tobacco use		(8.9-16.3)	(11.2-21.8)	(6.4-16.2)
	2007	12.5% (9.3-16.5)	14.2% (10.6-18.7)	10.7% (6.6-16.7)
	2010	13.2% (10.1-17.1)	19.2% (14.7-24.7)	9.5% (6.6-13.6)
	2016	12.2% (8.7-16.7)	16.4% (11.0-23.9)	9% (6.3-12.7)

-) Data shows no significant change in the prevalence of: ever cigarette smokers and never tobacco users susceptible to tobacco use over the years.
-) Decrease in the percentage of current cigarette smokers in 2016 when compared to the survey of 2003, however, no further change is noticed from the 2007 and 2010 surveys.
-) No significant change in the prevalence of current smokeless tobacco users over the years.
-) No significant change in the prevalence of current shisha smokers in 2016 when compared to 2007 and 2010.

Table 34: Percentage of students aged 13-15 years who were taught in any classes about the dangers of tobacco, Oman GYTS 2003, 2007, 2010 and 2016^{4,5,6}.

Year	Overall	Boys	Girls
GYTS-2003	41.8% (35.6-48.2)	42.4% (33.9-51.4)	40.9% (33.2-49.2)
GYTS-2007	66.5% (57.5-74.5)	58% (50.9-64.8)	74.5% (63.0-83.3)
GYTS-2010	68.3% (64.2-72.1)	61.8% (55.1-68.5)	72.6% (66.9-78.3)
GYTS-2016	51.5% (46.7-56.3)	46.7% (39.8-53.7)	55.7% (51.6-59.7)

The table above (Table 34) illustrates the percentage of students who were taught in any classes during the last 12 months about dangers of smoking. An increase in the percentage of the students who received any educational sessions was noted in the years 2007 and 2010 when compared with 2003, and was followed by a decline in the survey of the year 2016. This could be explained by the implementation of the Anti-tobacco program which is a health education program designed and implemented jointly by both Ministry of health and Ministry of education in the schools from the year 2006 and 2010. Unfortunately, the program was stopped after 2010 due to funding shortage. Nevertheless, schools were trying to deliver the information despite lack of the educational material. Drop in the percentage of the students who received any information regarding the dangers of smoking indicates importance of continuing and enhancing anti-tobacco educational programs at schools to increase the awareness of the students and therefore decrease smoking prevalence of different kinds of tobacco use.

Table 35: Percentage of current smokers who want to quit smoking, Oman GYTS 2003, 2007, 2010 and 2016^{4,5,6}.

	GYTS	Total	Boys	Girls
Tried to stop smoking in the past 12 months¹ (No change)	2003	73.3% (52.8-87.1)*	76.3% (48.2-91.7)*	62.6% (32.0-85.6)*
	2007	61.3% (31.3-84.6)*	54.3% (26.7-79.5)*	73% (17.4-97.2)*
	2010	61.7% (22.7-89.9)*	58.9% (17.5-90.6)*	100*
	2016	51.7% (27.2-75.5)*	58.2% (24.0-86.0)*	36.8% (9.4-76.5)*
Want to stop smoking now¹	2003	79.8% (49.2-94.2)	81.6% (46.8-95.7)	69.9% (37.4-90.1)*
	2007	57.8% (30.7-80.9)*	66.1% (38.1-86.1)*	0.0*
	2010	48.6% (21.0-77.1)*	44.2% (15.6-77.3)*	46.3% (4.5-94.1)*
	2016	39.5% (18.3-65.5)*	48.4% (23.1-74.5)*	0.0*
*Number of respondents in this table is less than 35.				

The table above (Table 35) clearly illustrates drop in the percentage of students who tried to stop smoking in the past 12 months and the percentage of students who wants to stop smoking. This could be explained by number of factors as follows:

- Z Low level of knowledge about the dangers of smoking of different types of tobacco
- Z Lack of professional resources of help to quit smoking

A comprehensive plan to increase the awareness of tobacco related dangers in additional to adolescent friendly quit services should be considered. Investment in the full time nurses in the schools could also be considered, especially with the introduction of the training program for nurses on counseling for adolescents as part of the capacity building programs in the school health.

4.3 Comparison of smoking in Oman to some EMRO countries

Table 36: Smoking related indicators in some EMRO countries^{7,8,9,10,11,12}

	Oman 2016	Bahrain 2015	Egypt 2014	Yemen 2014	UAE 2013	Qatar 2013	Djibouti 2013
Current Tobacco users	6.0%	17.7%	13.6%	18.7%	12.2%	15.7%	15.2%
Current tobacco smokers	3.7%	15.7%	10.1%	15.1%	10.5%	12.3%	11.6%
Current cigarette smokers	1.7%	9.7%	4.8%	6.8%	6.2%	9.8%	6.6%
Current smokeless tobacco users	2.9%	3.7%	4.1%	5.1%	3.4%	6.1%	6.2%
Students exposed to tobacco smoke at home	11.9%	25.0%	34.9%	40.5%	25.2%	24.2%	30.1%
Students exposed to tobacco smoke inside enclosed public places	32.0%	46.6%	55.2%	55.5%	45.7%	47.9%	44.8%
Students who definitely thought other people's tobacco smoking is harmful to them	68.0%	60.7%	70.6%	72.2%	57.4%	53.8%	30.0%
Students favored banning smoking inside enclosed public places	75.8%	75.5%	86.0%	54.8%	81.3%	60.6%	55.0%

The above table (Table 36) summarizes some of the important smoking related indicators of GYTS conducted in some of the EMRO countries. It is evident that Oman has the lowest prevalence in all types of tobacco use when compared to the other countries. The table also shows that the youth in Oman are less likely to be exposed to second hand tobacco smoke at home and in enclosed public places when compared to the other countries. Omani students' knowledge of second hand smoking and attitude toward smoking banning was similar to the students of the other EMRO countries.

Recommendations

- J Reemphasize the importance of anti-tobacco health educational programs in the schools, with the importance of modifying such programs to include the new smoking agents like electronic nicotine delivery devices.
- J To consider early initiation of anti-tobacco educational programs in the schools and to ensure regular and gradual administration of such programs aiming at delivering stepwise information targeting different ages, ensuring continuity of the program through later stages of education.
- J Activation and implementation of the peer education program in the schools, which provides students with both knowledge and skills necessary to protect them from tobacco use and its related dangers.
- J Importance of the provision of smoking cessation programs in adolescent friendly settings that ensures privacy and confidentiality.
- J Effectively enforce the law of smoking banning in enclosed public places through the National Tobacco Control Committee.
- J Demanding for a law to ban smoking in outdoor public places through the National Tobacco Control Committee.
- J Enforcement of smoking banning in school buildings or within school properties.
- J Prohibition of tobacco advertisement in all forms of media.
- J Place strict laws and regulations toward shisha smoking in public places.

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Appendix A: Questionnaire

إستبيان
المسح الصحي العالمي
لإستخدام التبغ بين الشباب
سلطنة عُمان 2016

**GLOBAL YOUTH TOBACCO
SURVEY
Questionnaire
(GYTS)
Sultanate of Oman 2016**

المسح الصحي العالمي لإستخدام التبغ بين الشباب - سلطنة عمان 2016
إستبيان المسح

Dear Student:

The Ministry of Health and the Ministry of Education in the Sultanate of Oman in collaboration with the organizers of the " Global Youth Tobacco Survey" the World Health Organization and the Center for prevention and control of diseases conduct the " Global Youth Tobacco Survey " in order to provide data on protective factors and health practices among students and to develop promotive and preventive programs for students.

Therefore you are kindly requested to cooperate with us to fill in this questionnaire by giving necessary information to participate in the survey note that this data will be treated confidentially.

Thank you for your cooperation with us

Instructions for Student :

1. Please read each question carefully before answering it.
2. Choose the answer that best describes what you believe and feel to be correct.
3. Choose only **one** answer for each question.
4. On the answer sheet, locate the circle that corresponds to your answer and fill it in completely with the pencil that was provided to you.
5. Correctly fill in the bubbles:
i. ☺ Like this: ●
6. If you have to change your answer, don't worry, just erase it completely, without leaving marks.

Example:

24. Do you believe that fish live in water?

- a. Definitely yes
- b. Probably yes
- c. Probably not
- d. Definitely not

A B C D E F G H

أخي الطالب / أختي الطالبة:

تقوم وزارة الصحة ووزارة التربية والتعليم بسلطنة عُمان بالتعاون مع منظمي " المسح الصحي العالمي لإستخدام التبغ بين الشباب " بمنظمة الصحة العالمية ومركز مكافحة ومراقبة الأمراض بإجراء " المسح الصحي العالمي لإستخدام التبغ بين الشباب " وذلك بهدف توفير قاعدة بيانات حول الممارسات الصحية وعوامل الحماية بين الطلبة وتطوير البرامج التعزيزية والوقائية للطلبة.

وعلى ذلك نرجو منكم التكرم بالتعاون معنا لتعبئة هذا الإستبيان وذلك بإعطاء المعلومات اللازمة للمشاركة في الدراسة علماً بأن هذه البيانات سوف تعامل بسرية تامة.

شاكرين لكم حسن تعاونكم معنا

إرشادات للطالب / الطالبة:

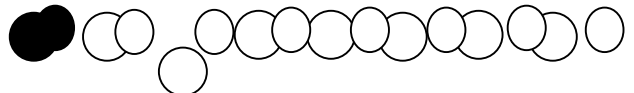
1. إقرأ السؤال بدقة قبل الإجابة عليه.
2. إختار الإجابة المناسبة لك.
3. إختار إجابة واحدة فقط لكل سؤال.
4. يتم الإجابة في ورقة منفصلة سوف توزع عليك.
5. الإجابات في الورقة المنفصلة تبدأ من اليسار.
6. إملأ الدائرة التي تمثل الإجابة التي تم إختيارها وذلك باستخدام القلم الرصاص الذي سلمناك إياه.
7. لو رغبت في تغيير الإجابة ، إمسح الدائرة التي تم ملئها سابقاً ثم إملأ الدائرة التي تريد.
8. لكل سؤال إجابة واحدة فقط ، لا تملأ أكثر من دائرة واحدة.

مثال:

1. يعيش السمك في الماء؟

A نعم
B لا

الإجابة :



GYTS QUESTIONNAIRE

The first few questions ask for some background information about yourself: الاسئلة القليلة الاولى تستفسر عن بعض المعلومات الاساسية عن نفسك:

1. How old are you? .1

A. 11 years old or younger	11 A
B. 12 years old	12 B
C. 13 years old	13 C
D. 14 years old	14 D
E. 15 years old	15 E
F. 16 years old	16 F
G. 17 years old or older	17 G

2. What is your sex? ما هو جنسك؟ .2

A. Male	A
B. Female	B

3. In what grade are you? في أي مرحلة تعليمية / صف دراسي أنت؟ .3

A. Grade 8	A الثامن
B. Grade 9	B
C. Grade 10	C

4. During an average week, how much money do you have that you can spend on yourself, however you want? خلال أسبوع في المتوسط ، كم من المال الذي تملكه يمكنك أن تنفقه على نفسك كيفما شئت؟ .4

A. I usually don't have any spending money	A عادة لا أملك أي مال للإنفاق
B. Less than 1.5 Rial	B أقل من ريال ونصف
C. 1.5 - 3 Rial	C من ريال ونصف إلى 3 ريال
D. 3.1 - 5 Rial	D من 3 ريال و 100 بييسة إلى 5 ريال
E. 5.1 - 7 Rial	E من 5 ريال و 100 بييسة إلى 7 ريال
F. 7.1 - 10 Rial	F من 7 ريال و 100 بييسة إلى 10 ريال
G. More than 10 Rial	G أكثر من 10 ريال

The next questions ask about your use of tobacco:

الاسئلة التالية تستفسر عن استهلاكك للتبغ:

5. Have you ever tried or experimented cigarette smoking, even one or two puffs? هل سبق لك أن حاولت أو جربت تدخين سيجارة ، حتى ولو نفث واحد أو نفثين اثنين؟ .5

A. Yes	A
B. No	B

6. **How old were you when you first tried a cigarette?** كم كان عمرك عندما حاولت تدخين سيجارة لأول مرة .6
- A. I have never tried smoking a cigarette لم أحاول تدخين سيجارة أبداً A
- B. 7 years old or younger 7 B
- C. 8 or 9 years old 9 8 C
- D. 10 or 11 years old 11 10 D
- E. 12 or 13 years old 13 12 E
- F. 14 or 15 years old 15 14 F
- G. 16 years old or older 16 G
7. **During the past 30 days, on how many days did you smoke cigarettes?** خلال الثلاثين يوماً السابقة ، كم يوماً دخنت فيه .7
- A. 0 days ولا يوم واحد A
- B. 1 or 2 days يوماً واحداً أو يومين اثنين B
- C. 3 to 5 days 5 أيام 3 C
- D. 6 to 9 days 9 أيام 6 D
- E. 10 to 19 days 10 أيام إلى 19 يوماً E
- F. 20 to 29 days 20 29 يوماً F
- G. All 30 days طول الثلاثين يوماً G
8. **Please think about the days you smoked cigarettes during the past 30 days. How many cigarettes did you usually smoke per day?** برجاء التفكير في الأيام التي دخنت فيها السجائر خلال الثلاثين يوماً السابقة. كم سيجارة كنت تدخنها عادة في اليوم الواحد؟ .8
- A. I did not smoke cigarettes during the past 30 days لم أدخن أي سيجارة خلال الثلاثين يوماً A
- B. Less than 1 cigarette per day أقل من سيجارة واحدة في اليوم الواحد B
- C. 1 cigarette per day سجارة واحدة في اليوم C
- D. 2 to 5 cigarettes per day سيجارتان إلى 5 سجائر في اليوم الواحد D
- E. 6 to 10 cigarettes per day 6 10 سجائر في اليوم الواحد E
- F. 11 to 20 cigarettes per day 11 20 سيجارة في اليوم الواحد F
- G. More than 20 cigarettes per day 20 سيجارة في اليوم الواحد G
9. **Have you ever tried or experimented with any form of smoked tobacco products other than cigarettes(such as pipe, shisha ,...)?** هل سبق لك أن حاولت أو جربت أي نوع من منتجات التبغ المدخن غير السجائر (الشيشة ،) .9
- A. Yes A
- B. No B
10. **During the past 30 days, did you use any form of smoked tobacco products other than cigarettes(such as pipe , shisha ,...)?** خلال الثلاثين يوماً السابقة ، هل استهلكت أي نوع من منتجات التبغ المدخن غير السجائر (، الشيشة) .10
- A. Yes A
- B. No B

11. Do you ever smoke tobacco or feel like smoking tobacco first thing in the morning?
- A. I don't smoke tobacco
B. No, I don't smoke tobacco or feel like smoking tobacco first thing in the morning
C. Yes, I sometimes smoke tobacco or feel like smoking tobacco first thing in the morning
D. Yes, I always smoke tobacco or feel like smoking tobacco first thing in the morning
11. هل سبق أن دخنت التبغ أو شعرت أنك ترغب في تدخين التبغ كأول شيء تفعله في الصباح؟
- A
B
C نعم ، أحياناً أذخن التبغ أو أشعر بالرغبة في تدخين التبغ كأول شيء أفعله في الصباح
D تدخين التبغ كأول شيء أفعله في الصباح
12. How soon after you smoke tobacco do you start to feel a strong desire to smoke again that is hard to ignore?
- A. I don't smoke tobacco
B. I never feel a strong desire to smoke again after smoking tobacco
C. Within 60 minutes
D. 1 to 2 hours
E. More than 2 hours to 4 hours
F. More than 4 hours but less than one full day
G. 1 to 3 days
H. 4 days or more
12. كم من الوقت يمر منذ تدخينك للتبغ حتى تبدأ بالشعور برغبة قوية في التدخين مرة ومن الصعب ان تتجاهل هذا الشعور؟
- A
B لم أشعر أبداً برغبة قوية في التدخين مرة أخرى بعد تدخين التبغ
C 60 دقيقة
D ساعة واحدة إلى ساعتين
E أكثر من ساعتين إلى 4
F 4 ساعات لكن أقل من يوم واحد
G يوماً واحداً إلى 3 أيام
H 4 أيام أو أكثر
13. Have you ever tried or experimented any form of smokeless tobacco products such as (Afzal, Gutka, Suwaika, Tinbak)?
- A. Yes
B. No
13. هل سبق أن التبغ غير المدخن (التمباك ، أفضل ، السويكة ،)
- A
B
14. During the past 30 days, did you use any form of smokeless tobacco products such as (Afzal, Gutka, Suwaika, Timbak)?
- A. Yes
B. No
14. خلال الثلاثين يوماً السابقة ، هل أستهلكت أي نوع من منتجات التبغ غير المدخن (السويكة ، جوتكا)
- A
B

The next questions ask about your feelings toward stopping smoking. الاسئلة التالية تستفسر عن شعورك تجاه التوقف عن التدخين

15. Do you want to stop smoking now?
- A. I have never smoked
B. I don't smoke now
15. هل تريد التوقف عن التدخين الآن؟
- A
B

- C. Yes C
D. No D

16. During the past 12 months, did you ever tried to stop smoking? 12 شهراً السابقة ، هل حاولت التوقف عن التدخين؟ .16
A. I have never smoked A
B. I did not smoke during the past 12 months B
C. Yes C
D. No D

17. Do you think you would be able to stop smoking if you wanted to? هل تعتقد أنك ستكون قادراً على التوقف عن التدخين إذا أردت ذلك؟ .17
A. I have never smoked A
B. I don't smoke now B
C. Yes C
D. No D

18. Have you ever received help or advice to help you stop smoking? هل تلقيت أي مساعدة أو نصيحة لمساعدتك على التوقف عن التدخين؟ (SELECT ONLY ONE RESPONSE) () .18
A. I have never smoked A
B. Yes, from a program or professional B نعم ، من أحد البرامج أو أحد المتخصصين
C. Yes, from a friend C نعم ، من صديق
D. Yes, from a family member D
E. Yes, from both programs or professionals and from friends or family members E البرامج أو المتخصصين
F. No F

The next questions ask about your exposure to other people's smoking.

الاسئلة التالية

تدخين الآخرين (التدخين السلبي) :

19. During the past 7 days, on how many days has anyone smoked inside your home, in your presence? خلال السبعة أيام السابقة ، كم يوماً قام أي شخص في وجودك بالتدخين دا .19
A. 0 days A ولا يوم واحد
B. 1 to 2 days B يوماً واحداً إلى يومين اثنين
C. 3 to 4 days C 3 4 أيام
D. 5 to 6 days D 5 6 أيام
E. 7 days E 7 أيام

20. During the past 7 days, on how many days has anyone smoked in your presence, inside any enclosed public place, other than your home (such as: school, shops, _____ ، غير منزلك (المدرسة ، المحلات خلال السبعة أيام السابقة ، كم يوماً قام أي شخص بالتدخين في وجودك) .20

- التجارية ، المطاعم ، مراكز التسوق ، دور السينما)؟
A ولا يوم واحد
B يوماً واحداً إلى يومين اثنين
C 3 4 أيام
D 5 6 أيام
E 7 أيام
21. During the past 7 days, on how many days has anyone smoked in your presence, at any outdoor public place (such as: playgrounds, sidewalks, entrances to buildings, parks, beaches)?
A. 0 days
B. 1 to 2 days
C. 3 to 4 days
D. 5 to 6 days
E. 7 days
21. خلال السبعة أيام السابقة ، كم يوماً قام أي شخص بالتدخين في وجودك _____ (الملاعب ، الممرات الجانبية ، مداخل)
A ولا يوم واحد
B يوماً واحداً إلى يومين اثنين
C 3 4 أيام
D 5 6 أيام
E 7 أيام
22. During the past 30 days, did you see anyone smoke inside the school building or outside on school property?
A. Yes
B. No
22. خلال الثلاثين يوماً السابقة ، هل رأيت أي شخص يدخن في محيط الحرم المدرسي؟
A
B
23. Do you think the smoke from other people's tobacco smoking is harmful to you?
A. Definitely not
B. Probably not
C. Probably yes
D. Definitely yes
23. هل تعتقد أن الدخان الناتج عن تدخين الآخرين للتبغ ضار عليك؟
A بالتأكيد لا
B
C
D بالتأكيد نعم
24. Are you in favor of banning smoking inside enclosed public places (such as: schools, shops, restaurants, shopping malls, movie theaters)?
A. Yes
B. No
24. هل تؤيد حظر التدخين بالأماكن العامة المغلقة (المدارس ، المحلات التجارية ، المطاعم ، مراكز التسوق ، دور السينما) ؟
A
B
25. Are you in favor of banning smoking at outdoor public places (such as: playgrounds, sidewalks, entrances to buildings, parks, beaches)?
A. Yes
B. No
25. هل تؤيد حظر التدخين في الأماكن العامة المفتوحة (الملاعب ، الممرات الجانبية ، مداخل)
A
B

The next questions ask about getting cigarettes.

الاسئلة التالية تستفسر عن الحصول على :

26. The last time you smoked cigarettes during the past 30 days, how did you get them? (SELECT ONLY ONE RESPONSE)

26. في آخر مرة دخنت فيها السجائر خلال الثلاثين يوماً السابقة ، كيف حصلت عليها ؟ ()

- A. I did not smoke any cigarettes during the past 30 days
- B. I bought them in a store or shop
- C. I bought them from a street vendor
- D. I bought them at a kiosk
- E. I bought them from a vending machine
- F. I got them from someone else
- G. I got them some other way

- A أنا لم أدخن أي سجائر خلال الثلاثين يوماً
- B اشتريت السجائر من الم
- C اشتريت السجائر من بائع
- D أعطي المال لشخص ليشتريها لي
- E أخذتها من دون علم أحد
- F حصلت عليها من شخص آخر
- G حصلت عليها بطريقة أخرى

27. During the past 30 days, did anyone refuse to sell you cigarettes because of your age?

27. خلال الثلاثين يوماً السابقة ، هل رفض أحد أن يبي

- A. I did not try to buy cigarettes during the past 30 days
- B. Yes, someone refused to sell me cigarettes because of my age
- C. No, my age did not keep me from buying cigarettes

- A ل الثلاثين يوماً
- B نعم ، رفض أحد الأشخاص بيع السجائر لي
- C لا ، لم يمنعني صغر سني من شراء السجائر

28. The last time you bought cigarettes during the past 30 days, how did you buy them?

28. في آخر مرة اشتريت فيها السجائر خلال الثلاثين يوماً السابقة ، كيف اشتريتها ؟

- A. I did not buy cigarettes during the past 30 days
- B. I bought them in a pack
- C. I bought individual sticks (single)
- D. I bought them in a carton
- E. I bought them in rolls
- F. I bought tobacco and rolled my own

- A لم أشتري أي سجائر خلال الثلاثين يوماً السابقة
- B اشتريت السجائر بالعبوة
- C اشتريت السجائر
- D اشتريت السجائر بالكرتونة
- E اشتريت السجائر ملفوفة يدوياً
- F اشتريت التبغ وقمت بلفه بنفسي

29. On average, how much do you think a pack of 20 cigarettes costs?

29. 20 سيجارة ؟

- A. 300 to 400 Bz
- B. 500 to 600 Bz
- C. 700 to 800 Bz
- D. 900 Bz
- E. One Rial or more
- F. I don't know

- A 300 الى 400 بييسة
- B 500 الى 600 بييسة
- C 700 الى 800 بييسة
- D 900 بييسة
- E بريال وأكثر
- F

30. Can you purchase tobacco cigarettes near your school?

30. هل يمكنك شراء أو الحصول على التبغ / السجائر بالقرب من مدرستك ؟

- A. Yes
B. No
C. I don't know

- A نعم
B لا
C لأعرف

31. How easy or difficult would it be for you to get tobacco products/cigarettes if you wanted some?

- A. Very difficult
B. Fairly difficult
C. Fairly easy
D. Very easy
E. I don't know

31. إذا أردت الحصول على بعض منتجات التبغ / السجائر ما مدى صعوبة أو سهولة الأمر بالنسبة لك؟

- A غاية في الصعوبة
B صعباً إلى حد ما
C سهلاً إلى حد ما
D غاية في السهولة
E لأعرف

The next questions ask about your knowledge of messages that are against using tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco).

الاسئلة التالية تستفسر عن معرفتك بالرسائل لاستهلاك التبغ (قد تشمل السجائر ، أنواع التبغ المدخن الأخرى ، التبغ الغير المدخن) :

32. During the past 30 days, did you see or hear any anti-tobacco media messages on television, radio, internet, billboards, posters, newspapers, magazines, or movies?

- A. Yes
B. No

32. خلال الثلاثين يوماً السابقة ، هل رأيت أو سمعت أي رسائل إعلامية للتبغ في التلفزيون ، أو الراديو ، أو الانترنت ، أو اللوحات الإعلانية

- A
B

33. During the past 30 days, did you see or hear any anti-tobacco messages at sports events, fairs, concerts, or community events, or social gatherings?

- A. I did not go to sports events, fairs, concerts, or community events, or social gatherings in the past 30 days
B. Yes
C. No

33. خلال الثلاثين يوماً السابقة ، هل رأيت أو سمعت للتبغ في المناسبات الرياضية ، أو المعارض ، أو الحفلات الموسيقية ، أو المناسبات ، أو اللقاءات الاجتماعية؟
A لم أذهب إلى المناسبات الرياضية أو المعارض أو الحفلات الموسيقية أو المناسبات أو اللقاء الاجتماعية خلال الثلاثين يوماً السابقة

- B
C

34. During the past 30 days, did you see any health warnings on cigarette packages?

- A. Yes, but I didn't think much of them
B. Yes, and they led me to think about quitting smoking or not starting smoking
C. No

34. خلال الثلاثين يوماً السابقة ، هل لاحظت أي تحذيرات صحية أو صور موجودة على علب السجائر؟

- A نعم ، ولكنني لم أفكر فيها كثيراً
B
C التدخين أو عدم الشروع في التدخين

35. During the past 30 days, did you see any signs stating that adolescents are not allowed to buy any tobacco products?

35. خلال الثلاثين يوماً السابقة ، هل رأيت أي علامات تدل على عدم السماح للمراهقين بشراء أي منتجات للتبغ؟

- A. Yes
B. No

A نعم
B لا

36. During the past 12 months, were you taught in any of your classes about the dangers of tobacco use?

- A. Yes
B. No
C. I don't know

36. 12 شهراً السابقة ، هل تم تدريس أي شيء لك عن مخاطر إستهلاك التبغ في أي صف من صفوفك الدراسية

A
B
C

The next questions ask about your knowledge of advertisements or promotions for tobacco (might include cigarettes, other smoked tobacco, and smokeless tobacco).

الأسئلة التالية تستفسر عن معرفتك بوسائل الإعلان أو الترويج عن التبغ (قد تشمل السجائر ، وأنواع التبغ المدخن الأخرى ، والتبغ الغير المدخن):

37. During the past 30 days, did you see any people using tobacco when you watched TV, videos, or movies?

- A. I did not watch TV, videos, or movies in the past 30 days
B. Yes
C. No

37. خلال الثلاثين يوماً السابقة ، عند مشاهدتك للتلفزيون ، او الفيديو ، أو الأفلام ، هل رأيت أي شخص فيها يستهلك التبغ ؟

A لم أشاهد التلفزيون أو الفيديو أو الأفلام طوال الثلاثين يوماً السابقة
B
C

38. During the past 30 days, did you see any advertisements or promotions for tobacco products at points of sale (such as: stores, shops, kiosks, etc.)?

- A. I did not visit any points of sale in the past 30 days
B. Yes
C. No

38. خلال الثلاثين يوماً السابقة ، هل رأيت إعلانات أو ترويج لمنتجات التبغ في مراكز البيع (المراكز التجارية وغيرها)

A لم أزر أي مركز من مراكز البيع طوال الثلاثين يوماً السابقة
B
C

39. Would you ever use or wear something that has a tobacco company or tobacco product name or picture on it such as a lighter, t-shirt, hat, or sunglasses?

- A. Yes
B. Maybe
C. No

39. هل سبق أن استعملت أو ارتديت شيء عليه اسم شركة من شركات التبغ أو اسم منتج من منتجات التبغ أو صورة للمنتج ، مثل ولاعة أو قميص أو قبعة أو نظارة شمسية؟

A نعم
B لا
C ربما

40. Do you have something (for example, t-shirt, pen, backpack) with a tobacco product brand logo on it?

- A. Yes
B. No

40. هل لديك شيء (على سبيل المثال قميص أو قلم حبر أو حقيبة ظهر أو غير ذلك) عليه علامة تجارية

A
B

41. Has a person working for a tobacco company ever offered you a free tobacco product?
A. Yes
B. No
41. هل سبق أن قدم لك مندوب إحدى شركات التبغ في أي وقت مضي منتجاً مجانياً من منتجات التبغ؟
A نعم
B لا

The next questions ask about your attitudes and beliefs about using tobacco.

الأسئلة التالية تستفسر عن إتجاهاتك ومعتقداتك بشأن إستهلاك التبغ:

42. If one of your best friends offered you a tobacco product, would you use it?
A. Definitely not
B. Probably not
C. Probably yes
D. Definitely yes
42. إذا قدم لك صديق من أعز أصدقائك منتجاً للتبغ ، هل ستسعمله ؟
A بالتأكيد لا
B
C
D بالتأكيد نعم
43. At anytime during the next 12 months do you think you will use any form of tobacco?
A. Definitely not
B. Probably not
C. Probably yes
D. Definitely yes
43. هل تفكر في إستهلاك أي منتج من منتجات التبغ 12 شهراً التالية ؟
A بالتأكيد لا
B
C
D بالتأكيد نعم
44. Once someone has started smoking tobacco, do you think it would be difficult for them to quit?
A. Definitely not
B. Probably not
C. Probably yes
D. Definitely yes
44. عندما يبدأ أحد الأشخاص في تدخين التبغ ، هل تعتقد أنه سيكون من الصعب عليه الإقلاع عنه ؟
A بالتأكيد لا
B
C
D بالتأكيد نعم
45. Do you think smoking tobacco helps people feel more comfortable or less comfortable at celebrations, parties, or in other social gatherings?
A. More comfortable
B. Less comfortable
C. No difference whether smoking or not
45. هل تعتقد أن تدخين التبغ يساعد الناس على الشعور بمزيد من الراحة أو بقدر أقل من الراحة في الاحتفالات ، او الحفلات، أو في اللقاءات الاجتماعية الأخرى؟
A أكثر راحة
B أقل راحة
C لا يوجد اختلاف سواء دخنوا أم لم يدخنوا
46. Do you agree or disagree with the following: "I think I might enjoy smoking a cigarette."
A. I currently smoke cigarettes
B. Strongly agree
C. Agree
46. هل توافق أو لا توافق على العبارة التالية " أعتقد أنني سأستمتع بتدخين السجارة".
A أأدخن السجائر حالياً
B أوافق بشدة
C أوافق

- D. Disagree
E. Strongly disagree

- D لا أوافق
E لا أوافق بشدة

47. What is your nationality?

- A. Omani
B. Non Omani

47. ما هي جنسيتك؟

- A عُماني
B غير عُماني

The next questions ask about Electronic cigarettes :

Electronic cigarettes , or e- cigarettes, are electronic devices that usually contain a nicotine – based liquid that is vaporized and inhaled. You may also know them as vape-pens, hookah – pens , electronic cigars (e – cigars) , electronic pipes (e-pipes) , or e-vaporizers. Some look like cigarettes and others look like pens or small pipes. These are battery-powered devices that produce vapor instead of smoke.

الأسئلة التالية تستفسر عن السجائر الإلكترونية: السجائر الإلكترونية هي عبارة عن أجهزة إلكترونية تحتوي في العادة على النيكوتين السائل الذي يتم تبخيره وإستنشاقه. ولعلكم ترونها في شكل أقلام بخار -vape pens ، أو أقلام النرجيلة ، أو الشيشة الإلكترونية أو السيجار الإلكتروني ، أو الغليون الإلكتروني ، أو أجهزة التبخير الإلكترونية . ويبدو بعضها مثل السجائر والبعض الآخر مثل الأقلام الحبر أو الغليون الصغير. هذه الأجهزة تعمل بالبطارية التي تنتج البخار بدلاً من الدخان.

48. Before today, had you ever heard of electronic cigarettes or e- cigarettes?

- A. Yes
B. No

48. قبل يومنا هذا ، هل سبق لك أن سمعت عن السجائر الإلكترونية ؟

- A نعم
B لا

49. During past 30 days, on how many days did you use electronic cigarettes?

- A. 0 days
B. 1 or 2 days
C. 3 to 5 days
D. 6 to 9 days
E. 10 to 19 days
F. 20 to 29 days
G. All 30 days

49. خلال الثلاثين يوماً السابقة ، كم يوماً إستهلكت فيه السجائر الإلكترونية؟

- A ولا يوم واحد
B يوماً واحد أو يومين اثنين
C 3 إلى 5 أيام
D 6 إلى 9 أيام
E 10 أيام إلى 19 يوماً
F 20 إلى 29 يوماً
G طوال الثلاثين يوماً

50. If you use electronic cigarette, where did you get it?.

- A. Purchase from canteens in Oman
B. Purchase from other countries
C. Purchase through the Internet
D. Other (Explain)

50. في حالة استخدام السجائر الإلكترونية من أين حصلت عليها؟

- A الشراء من محلات داخل السلطنة
B الشراء من دول أخرى
C الشراء عن طريق الإنترنت
D أخرى (وضح)

The next questions ask about shisha smoking.

الأسئلة التالية تستفسر عن تدخين الشيشة:

51. Have you ever tried or experimented shisha smoking, even one or two puffs? هل سبق لك أن حاولت أو جربت تدخين الشيشة نفثتين اثنتين ؟
- A. Yes A
B. No B
52. How old were you when you first tried smoking shisha? كم كان عمرك عندما حاولت تدخين الشيشة لأول
- A. I have never tried smoking shisha A لم أحاول تدخين الشيشة أبداً
B. 7 years old or younger B 7
C. 8 or 9 years old C 8 9
D. 10 or 11 years old D 10 11
E. 12 or 13 years old E 12 13
F. 14 or 15 years old F 14 15
G. 16 years old or older G 16 13
53. During the past 30 days, on how many days did you smoke shisha? خلال الثلاثين يوماً السابقة ، كم يوماً دخنت فيها الشيشة ؟
- A. 0 days A ولا يوم واحد
B. 1 or 2 days B يوماً واحداً أو يومين اثنين
C. 3 to 5 days C 3 إلى 5 أيام
D. 6 to 9 days D 6 إلى 9 أيام
E. 10 to 19 days E 10 أيام إلى 19 يوماً
F. 20 to 29 days F 20 إلى 29 يوماً
G. All 30 days G طوال الثلاثين يوماً
54. Do you want to stop smoking shisha now? هل تريد التوقف عن تدخين الشيشة الآن؟
- A. I have never smoked shisha A لم أدخن الشيشة أبداً من قبل.
B. I don't smoke shisha now B لا أدخن الشيشة الآن
C. Yes C
D. No D
55. Do you think that shisha smoking is harmful to health? هل تعتقد أن تدخين الشيشة مضرة بالصحة؟
- A. Definitely not A بالتأكيد لا
B. Probably not B ربما لا
C. Probably yes C ربما نعم
D. Definitely yes D بالتأكيد نعم
56. Do you think the smoke from other people's shisha smoking is harmful to you? هل تعتقد أن الدخان الصادر من مدخني الشيشة الآخرين (التدخين السلبي) يصيبك بالضرر؟
- A. Definitely not A بالتأكيد لا
B. Probably not B

- C. Probably yes
D. Definitely yes

C
D بالتأكيد نعم

57. The last time you smoked shisha during the past 30 days, where did you smoke it?

(SELECT ONLY ONE RESPONSE)

- A. I did not smoke shisha during the past 30 days
B. At home
C. At a coffee shop
D. At a restaurant
E. Youth gatherings (Farms , Beaches , outside gatherings)
F. Other

57. في آخر مرة دخنت فيها الشيشة خلال الثلاثين يوماً السابقة ، أين كنت تدخن الشيشة؟
(اختر إجابة واحدة فقط)

- A أنا لم أدخن الشيشة خلال الثلاثين يوماً السابقة
B في المنزل
C في المقهى
D في المطعم
E في التجمعات الشبابية (المزرعة، الشاطئ، البر)
F في أماكن أخرى

58. If one of your best friends offered you shisha, would you smoke it?

- A. Definitely not
B. Probably not
C. Probably yes
D. Definitely yes

58. إذا قدم لك صديق من أعر أصدقائك الشيشة ، هل ستدخنها؟

- A بالتأكيد لا
B ربما لا
C ربما نعم
D بالتأكيد نعم

59. Once someone has started smoking shisha, do you think it would be difficult for them to quit?

- A. Definitely not
B. Probably not
C. Probably yes
D. Definitely yes

59. عندما يبدأ أحد الأشخاص تدخين الشيشة ، هل تعتقد أنه سيكون من الصعب عليه الإقلاع عنها؟

- A بالتأكيد لا
B ربما لا
C ربما نعم
D بالتأكيد نعم

The next questions ask about smokeless tobacco:

Smokeless tobacco is tobacco that is not smoked , but is snuffed through the nose, held in mouth or chewing tobacco such as (Afzal, Gutka, Suwaika, Beted Quid with tobacco e.g. Pan masala, Pan supari) , Snuff by nose e.g. neshooq , Snuff by mouth e.g. Tinbak

الأسئلة التالية تتعلق باستخدام التبغ غير المدخن مثل التبغ () ، أو الاستنشاق عن طريق () (السويكة)

60. How old were you when you first tried using smokeless tobacco?

- A. I have never tried using smokeless tobacco
B. 7 years old or younger
C. 8 or 9 years old
D. 10 or 11 years old

60. التبغ غير

- A غير المدخن أبداً
B 7
C 8 9
D 10 11

- E. 12 or 13 years old 13 12 E
 F. 14 or 15 years old 15 14 F
 G. 16 years old or older 16 3

61. During the past 30 days, on how many days did you use smokeless tobacco?
 A. 0 days
 B. 1 or 2 days
 C. 3 to 5 days
 D. 6 to 9 days
 E. 10 to 19 days
 F. 20 to 29 days
 G. All 30 days
61. خلال الثلاثين يوماً السابقة ، كم يوماً إستد فيه التبغ غير المدخن
 A ولا يوم واحد
 B يوماً واحد أو يومين اثنين
 C 3 إلى 5 أيام
 D 6 إلى 9 أيام
 E 10 أيام إلى 19 يوماً
 F 20 إلى 29 يوماً
 G طوال الثلاثين يوماً
62. Do you want to stop using smokeless tobacco now?
 A. I have never used smokeless tobacco
 B. I don't use smokeless tobacco now
 C. Yes
 D. No
62. هل تريد التوقف عن استهلاك التبغ غير المدخن الآن؟
 A لم استهلك أبداً التبغ غير المدخن
 B لا استهلك التبغ غير المدخن الآن
 C نعم
 D لا
63. The last time you used smokeless tobacco during the past 30 days, how did you get it?
 (SELECT ONLY ONE RESPONSE)
 A. I did not use smokeless tobacco during the past 30 days
 B. I bought it in a store or shop
 C. I bought it from a street vendor
 D. I bought it at a kiosk
 E. I bought it from a vending machine
 F. I got it from someone else
 G. I got it some other way
63. في آخر مرة إستهلكتها فيها التبغ غير المدخن خلال الثلاثين يوماً السابقة ، كيف حصلت عليه؟
 ()
 A استهلك التبغ غير المدخن خلال الثلاثين يوماً السابقة
 B أشترت
 C أشترت
 D أعطى المال لشخص ليشتريه لي
 E أخذته من دون علم أحد
 F حصلت عليه من شخص آخر
 G حصلت عليه بطريقة أخرى
64. If one of your best friends offered you smokeless tobacco, would you use it?
 A. Definitely not
 B. Probably not
 C. Probably yes
 D. Definitely yes
64. إذا قدم لك صديق من أعز أصدقائك التبغ غير المدخن ، هل ستستهلكه
 A بالتأكيد لا
 B ربما لا
 C ربما نعم
 D بالتأكيد نعم
65. Once someone has started using smokeless tobacco, do you think it would be difficult for them to quit?
 A. Definitely not
 B. Probably not
65. عندما يبدأ أحد الأشخاص في استهلاك التبغ غير المدخن ، هل تعتقد أنه سيكون من الصعب عليه الإقلاع عنه؟
 A بالتأكيد لا
 B ربما لا

- C. Probably yes
D. Definitely yes

- ٢ ربما نعم
D بالتأكيد نعم

Knowledge, Attitudes, & Perceptions

المعرفة والاتجاهات والتصورات

66. Do your parents smoke tobacco?

- A. None
B. Both
C. Father only
D. Mother only
E. Don't know

.66 هل يستهلك والداك أي نوع من أنواع التبغ؟

- A لا أحد
B كلاهما
٢ الأب فقط
D الأم فقط
E لا أعرف

67. Do any of your closest friends smoke tobacco?

- A. None of them
B. Some of them
C. Most of them
D. All of them

.67 هل يستهلك أصدقاؤك المقربون أي نوع من أنواع التبغ؟

- A لا أحد منهم
B بعضهم
٢ أغلبهم
D جميعهم

68. Do you think young people who smoke tobacco have more or less friends?

- A. More friends
B. Less friends
C. No difference from non-smokers

.68 هل تعتقد أن الشباب الذين يدخنون التبغ لهم عدد أصدقاء أكثر أم أقل مقارنة بغير المدخنين؟

- A عدد أكثر من الأصدقاء
B عدد أقل من الأصدقاء
٢ لا يوجد فرق بينهم وبين المدخنين

69. Do you think smoking tobacco makes young people look more or less attractive?

- A. More attractive
B. Less attractive
C. No difference from non-smokers

.69 هل تعتقد أن تدخين التبغ يجعل مظهر الشباب أكثر أم أقل جاذبية؟

- A أكثر جاذبية
B أقل جاذبية
٢ لا يوجد فرق بينهم وبين المدخنين

70. Has anyone in your family discussed the harmful effects of smoking tobacco with you?

- A. Yes
B. No

.70 هل ناقش معك أي شخص في أسرتك التأثيرات الضارة لإستهلاك التبغ؟

- A نعم
B لا

71. During the past 12 months, did you discuss in any of your classes the reasons why people at your age use tobacco?

- A. Yes
B. No
C. Not sure

.71 خلال الـ 12 شهراً السابقة ، هل ناقشت ، في أي صف من الصفوف الدراسية ، الأسباب التي تدفع من في مثل عمرك إلى استهلاك التبغ؟

- A نعم
B لا
٢ لست متأكداً

72. During the past 12 months, were you taught in any of your classes about the effects of

.72 خلال الـ 12 شهراً السابقة ، هل تم تدريسك ، في أي صف من الصفوف الدراسية، تأثيرات

using tobacco like it makes your teeth yellow, causes wrinkles, or makes you smell bad? ، استهلاك التبغ كاصفرار الأسنان ، أو التجاعيد ، أو الرائحة الكريهة؟

A. Yes

A نعم

B. No

B لا

C. Not sure

C لست متأكد