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The Effect of Social Media Education in Preventing Smoking in Adolescents to Reduce the Incidence of COPD

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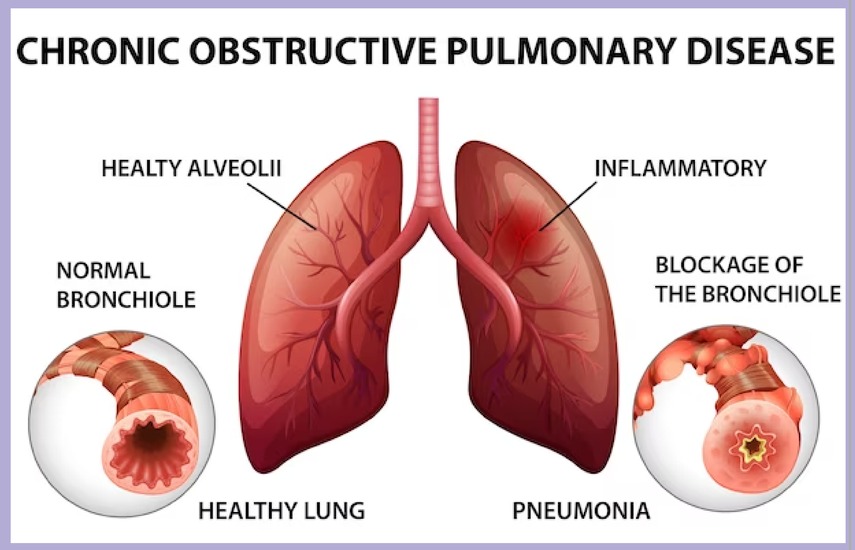
References



Objective

Smoking is the leading cause of chronic obstructive pulmonary disease (COPD) and can lead to other health problems like cardiovascular disease, type two diabetes, and lung cancer (World Health Organization, 2024). The population chosen for the literature review is adolescents aged 10-19 because smokers normally start smoking on a routine basis before the age of twenty (Reitsma, 2021). The research question is: *What is the effect of social media education in preventing smoking in adolescents to reduce the incidence of COPD?*

Methods

A literature review was conducted to explore evidence-based best practices for social media education using ProQuest and Google Scholar search engines. A Boolean strategy was used with the word “AND” along with the following *keywords*: quantitative study, smoking prevention, adolescents, and social media. The search results were narrowed using the following filters to identify the highest levels of evidence: meta-analysis, systematic reviews, full text, peer-reviewed, last five years, and evidence-based healthcare.

Results

Four articles were chosen based on the highest levels of evidence. Two systematic review articles and two randomized control trials were reviewed. One systematic review focused on social media education in adults, which is shown to be an effective tool for smoking prevention. The second systematic review found that a school-based smoking prevention education program was successful for adolescent education. The remaining two randomized control trials supported social media education in adolescents to prevent smoking.

Conclusion

The literature review revealed social media interventions are cost-effective and can reach larger target audiences. This literature review provides supporting evidence that social media education programs about smoking prevention in adolescents should be adopted. Additional research is recommended to examine how social media education impacts smoking patterns long term with relationship to the possible development of COPD. Additional research will also help determine the best social media platform for adolescent education.