

Propositions attached to PhD thesis

Towards a smoke-free generation; novel strategies to phase out tobacco use

1. The need for tobacco control measures that decrease educational gaps in health remains high, especially for women (*This thesis*)
2. Given the high levels of support for smoke-free cars carrying children there is no reason to delay implementation in the Netherlands (*This thesis*)
3. Fear of negative responses should not be a key consideration when deciding to address someone who smokes in a smoke-free zone (*This thesis*)
4. A promising method to increase the effectiveness of financial incentives for behaviour change such as smoking cessations, is advising participants on what incentive to choose while allowing them to choose differently (i.e. nudged assignment with opt-out) (*This thesis*)
5. Mismatches in beliefs between researchers and potential participants partially explain low participation in smoking cessation projects (*This thesis*)
6. Society is shifting from safeguarding a right to smoke to a right to have a smoke-free environment
7. Increasing awareness of the dangers of thirdhand smoke benefits support for smoke-free environments for children
8. The statement “Every time history repeats itself, the price goes up” definitely goes for vaping
9. To make impact, research findings need to be translated and “sold” to decision makers. To have research findings, research ideas need to be “sold” to potential participants (*Inspired by Warner, 2005*).
10. Only two things are certain: 1) everybody dies and 2) the tobacco industry is doing everything it can to accelerate this (*translated from Arjen Lubach, De Avondshow, October 19th 2022*)
11. Type II Fun is the kind of fun you might not always enjoy in the moment, but in hindsight you think, “that was fun”. Examples are rock climbing, renovating a house or doing a PhD (*Inspired by the Climbing Dictionary*)

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