



Effects of Hookah Pipe Smoking Among Adolescents in South Africa: Systematic review

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ABSTRACT

Introduction: This paper has adopted the non-empirical research design: a systematic review. The purpose of this review was to comprehensive overview of the effects of hookah pipe smoking among adolescents in South Africa.

Methods: A Preferred Reporting Items for Systematic Review and Meta-analysis guidelines was followed. This systematic review was conducted by meticulously searching academic databases and relevant sources for studies and research articles published between 2020 and 2023. The databases used included PubMed, Scopus, and Web of Science. The search terms included "hookah," "waterpipe," "shisha," "adolescents," and "South Africa." Inclusion criteria were studies published in English and focused on the effects of hookah pipe smoking among adolescents. A total of n=11 with full text article from an accredited peer reviewed journal that met inclusion criteria were included in the study. Data were synthesised and analysed using the quality assessment research instrument tool.

Results: The review reveals a concerning prevalence of hookah pipe smoking among adolescents in South Africa. Contributing factors include social influences, peer pressure, and misconceptions regarding the safety of hookah compared to conventional tobacco products. The study reported various health consequences, social effects, and economic consequences of hookah pipe smoking among adolescents.

Conclusion: The study emphasizes the immediate requirement for public health measures, such as education, regulations, and stakeholder involvement, to combat rising hookah use among South African adolescents. Furthermore, addressing social influences is crucial for effective prevention strategies, offering valuable insights for future research and evidence-based policies to reduce its prevalence and associated harms.

Keyword: Adolescents, effects, hookah pipe, smoking