

Background: 19.7% of Nepalese citizens smoke tobacco products daily. This study seeks to identify barriers to successful smoking cessation in Nepal and differences between participants who successfully quit in comparison to participants who continue to smoke. **Methods:** This study was conducted at the Tribhuvan University Teaching Hospital in Kathmandu, Nepal; participants were recruited at multi-specialty clinics. Participants were between the ages of 18-89 years old and either current smokers or had used a tobacco product within the last 15 years to meet inclusion criteria. Verbal and written consent was obtained, and 250 participants completed the 46-question survey using in-person interpreters. Data analysis was conducted using multivariable logistic regression through data analysis tool R.

Results: 92.4% of participants were males, 7.2% were females, and one participant identified as neither (0.4%). 36 (14.4%) of participants were between the ages of 18-24, 82 (32.8%) were 25-39, 64 (25.6%) were 40-54, and 69 (27.2%) were 55-89 years old. 138 (55%) participants were current smokers and 112 (44%) were former smokers. Participants who had a completely involuntary/overpowering urge to smoke had 132 times higher odds of being a current smoker compared to those who had no urge to smoke (OR 132; 95% CI: 25.7 - >200). Barriers participants listed as preventing them from successful cessation were addiction (31%), everyone surrounding them smoking (24.4%), previous trial quitting that failed (22%), and not wanting to quit smoking because they enjoyed it (11.2%). Only 6% of participants had been advised about the benefits of smoking cessation medications by their physician.

Conclusion: Addiction and the urge to smoke are strongly correlated to the inability to quit smoking in Nepal. These findings propose that further advancement of addiction centers and nicotine replacement therapies is required to successfully combat the smoking epidemic in Nepal.