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# Opportunities of using ChatGPT for smoking cessation

Vitalina Harkusha

Anna Demchuk

Vitalii Poberezhets

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## Abstract

**Background:** ChatGPT is an artificial intelligence chatbot that creates opportunities for its use by people who want to quit smoking.

**Objective:** To determine the validity of answers from ChatGPT related to smoking cessation.

**Methods:** We selected 14 questions based on the Center for Public Health of Ukraine FAQ. Questions were presented to ChatGPT separately from a smartphone and a PC. 7 medical experts, all MDs and PhDs, including 2 professors, rated the answers on a scale from 0-5 points according to the following criteria: completeness, quality, accessibility, safety, importance for successful tobacco cessation. The validity of the responses was assessed based on the content validity ratio (CVR), which for 7 experts is 0.99.

**Results:** The mean score of the responses obtained from ChatGPT was 4.1±0.4 points. Answers from a PC were rated higher than those from a smartphone, but without a significant difference (4.18±0.3 vs. 4.01±0.4 points). Comparison of responses by separate criteria revealed that the results from the PC were better than those from the smartphone, but without a significant difference: completeness (4.15±0.4 vs. 3.84±0.5), quality (4.04±0.4 vs. 3.87±0.4), accessibility (4.29±0.3 vs. 4.10±0.4), safety (4.19±0.3 vs. 4.10±0.4), importance for tobacco cessation (4.25±0.4 vs. 4.16±0.4). Only one answer to the PC question "Which doctor should I see to quit smoking?" was valid (CVR>0.99).

**Conclusions:** The responses generated by ChatGPT are positively evaluated by experts by all criteria. ChatGPT from a PC provides better, more complete, safer, more accessible, and more important information about smoking cessation. However, only one response received from a PC was valid.

## Footnotes

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