

Opportunities of using ChatGPT for smoking cessation

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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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