

# Call of Abstracts - "International conference on the E-Cigarette: patterns of use and health impacts"



## Call of abstracts

"International conference on the E-Cigarette: patterns of use and health impacts" - Paris, on 5-6th December 2022

### Submission form

Poster & oral presentation

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## Background information

### Type of submission

Oral

### Theme of conference

Patterns of use

## Keywords

Dual user

Perceptions, representations, beliefs

Trajectories of users

## Abstract title

Within-person predictors of patterns of dual e-cigarette and tobacco use: the Tracking via Repeated Assessment of Joint E-Cigarette and Tobacco use (TRAJECT) study

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## Abstract details (poster & oral)

### Background, method, results and conclusions

Background: Examining combined data from dual users about predictors of use only tells us about average relationships between participants. This can lead to an incorrect understanding of the factors which predict individual dual use behaviour. To address this gap, we examined within-person predictors of a) episodes of exclusive tobacco use; b) episodes of abstinence from tobacco use, among dual users.

Method: A series of single-case (N-of-1) investigations (N=19; 63% female, 53% low SES) using Ecological Momentary Assessments. Participants were purposively sampled as smokers who recently (last 3 months) also started vaping (dual user). Participants completed daily measures for 90 days reporting e-cigarette and tobacco use and hypothesised psychosocial and environmental predictors of dual use behaviour. Generalized Additive Mixed Models (GAMM) were run to identify predictors (pre-registered SAP <https://osf.io/p3cy6/> ).

Results: Aggregated multivariate models found that: exposure to other vapers on a given day independently predicted a reduced risk of exclusive tobacco use the next day (OR=0.26, 95% CI 0.15, 0.44); high motivation to quit smoking (OR=2.12, 95% CI 1.48, 3.12) and satisfaction with vaping device (OR=1.92, 95% CI 1.58, 2.42) independently predicted next day tobacco abstinence compared to dual use. Single case analysis identified a more varied set of within-person predictors of both next day exclusive tobacco use and next day tobacco abstinence including: quitting self-efficacy, cessation fatigue, urges to smoke, strength of e-liquid, non-smoker identity, vaping stigma, smoking stigma, stress and exposure to smokers (ps<0.05). The direction of effect for several predictors were different for some participants.

Conclusions: Multiple psychological, social and environmental factors predict days of non-dual use among recent dual users and these differed between individuals. This knowledge can help guide tailored cessation interventions for dual users.

### Main messages

Factors which predict changes in dual use behaviour vary considerably between individuals indicating the need for bespoke interventions to promote abstinence from tobacco among dual users.

### Type of study / research

Longitudinal

### Geography of the study

Europe

### Funding of study

### Federal source

Yes

**State source**

No

**Nonprofit Grant Funding Entity Source**

No

**Nonprofit Grant Funding Entity Source**

No

**Academic Institution Source**

No

**Pharmaceutical Industry Source**

No

**Tobacco/E-Cigarette Industry Source**

No

**Declaration of interest**

**The submitter declares that during the past 5 years have a direct nor indirect link (professional\*, personal or financial\*\*) with the tobacco and e-cigarette companies**

No