

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

Poster

Theme of conference

Patterns of use

Keywords

Addiction

Health promotion, health education

Smoking cessation

Abstract title

Combining app-based behavioral support with electronic nicotine delivery system devices for smoking cessation: a randomized controlled trial

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Abstract details (poster & oral)

Background, method, results and conclusions

BACKGROUND: Low quit rates for traditional smoking cessation methods highlight the need for novel approaches that treat the psychological and physiological factors of nicotine dependence to decrease smoking-related morbidity and mortality rates. We seek to evaluate the efficacy and effectiveness of an app-based smoking intervention consisting of a mindfulness-informed behavioral support component paired with an electronic nicotine delivery system (ENDS) device. **METHOD:** In 2023, a three-arm parallel randomized controlled trial will be conducted among 500 smokers (>9 cigarettes/day for >12 months) wanting to quit. Smokers will be randomized to either an app-based mindfulness-informed smoking cessation program paired with an ENDS device ("app+ENDS"), an app-based program, or treatment as usual (control). During the 12-week intervention period, nicotine in the

ENDS device will be gradually decreased. Data collection will take place at baseline, at week 12, week 24, and week 36. Mixed linear models will be performed to assess the main effects of time and condition and the interaction effect of time and condition on our outcomes (self-reported and biochemically verified smoking abstinence, dropout rates, cravings and withdrawal symptoms, health-related quality of life, mindfulness). Per-protocol and intention-to-treat analyses will be conducted. RESULTS: We expect to find a significant ($p < 0.05$) main effect of group, with the app+ENDS condition outperforming the other conditions on all outcomes. We expect to observe a main effect of time; relative to baseline, significant improvements of all outcomes will be found at all time points. A significant interaction effect will be found, with the app+ENDS condition showing significantly greater improvement across all outcomes over time relative to the other conditions. CONCLUSION: Findings will inform future digitally-supported cessation efforts and will provide information on the effectiveness of ENDS for smoking cessation.

Main messages

Novel cessation approaches are needed to decrease detrimental health outcomes among smokers. This will be the first trial to evaluate a combined app-supported behavioral intervention and ENDS-based nicotine reduction therapy in a real-life setting.

Type of study / research

Quantitative

Geography of the study

Europe

Funding of study

Federal source

Yes

State source

Yes

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