

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 or poster

Theme of conference

Health impact

Keywords

Addiction

Public health

Smoking cessation

Abstract title

Effect of Tobacco Cessation Aids on Smoking Cessation and Duration of Abstinence: a French Population-Based Study

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Abstract details (poster & oral)

Background, method, results and conclusions

Background and Aims

Although smoking prevalence has been decreasing worldwide, sustained tobacco cessation remains a challenging goal for many smokers. Several types of tobacco cessation aids are available such as nicotine replacement therapy (NRT) and electronic cigarette, the efficiency of which is still a matter of debate. This study aims to test differences in successful smoking cessation according to the type of aid used, taking into account selection and confounding factors.

Methods

We used data from the 2017 French Health Barometer, a survey conducted by France's Public Health Agency. We studied the relationship between e-cigarette and NRT use and two distinct outcomes: smoking status at 6 months follow-up (yes vs. no) and the duration of smoking abstinence. All results were weighted to be nationally-representative and controlled for propensity scores included via overlap weighting (OW).

Results

15.4% of participants who tried to quit smoking used only an e-cigarette, 12.0% used only NRT, and 3.4% used both. The use of an e-cigarette helped significantly in tobacco cessation at 6 months (OWeighted OR: 1.38, 95% CI 1.03-1.99), but was not associated with a decrease in the probability of smoking relapse in the long-term (OWeighted HR: 0.85, 95% CI 0.61-1.20). Results regarding the use of NRT only did not reach statistical significance.

Conclusion

While the use of an e-cigarette alone is associated with an increase in the likelihood of short-term smoking cessation, the long-term effects on smoking abstinence are probably limited. Long-term smoking cessation requires support beyond immediate nicotine replacement.

Main messages

- The use of an e-cigarette without NRT is associated with an increase in the likelihood of short-term smoking cessation (6 months follow-up)
- However, long-term smoking cessation requires support beyond immediate nicotine replacement

Type of study / research

Quantitative

Geography of the study

Europe

Funding of study

Federal source

No

State source

No

Nonprofit Grant Funding Entity Source

No

Nonprofit Grant Funding Entity Source

No

Academic Institution Source

Yes

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