

FACING SMOKING AND/OR VAPING, ABSTAINING FROM IT, RESISTING TO THEIR RE-USE AND TO INITIATE SMOKING SUBSEQUENT TO VAPING: STUDY OF THE MECHANISMS OF PREVENTION OF THE SCENARIO OF THE FIRST TIME IN ADOLESCENTS (15-18 YEARS OLD)



INTRODUCTION

- ✓ The mechanisms underlying the decision to abstain from smoking or vaping, and those of resistance to relapse in their re-use and initiation to tobacco smoking subsequent to vaping are little studied in adolescence.
- ✓ Moreover, the effects of socio-ecological and socio-demographic characteristics on this decision are unknown according to smoking status. However, while the mechanisms structuring and motivating the experimentation and/or use of e-cigarettes and tobacco cigarettes are regularly studied, those structuring the motivation to abstain or resist them are rarely addressed or remain unknown.
- ✓ Social pressure and peer influence, associated with supply, smoking, experimentation and use environments, can lead to vulnerable abstinence.



RESEARCH QUESTIONS

- ➔ How to live in vulnerable environments, facing social pressure and peer tobacco smoking and/or e-cigarettes vaping, and abstain from it sustainably?
- ➔ How to be a single-vaper, facing smoking and resist the initiation of smoking subsequent to vaping?

➔ What mechanisms do adolescent non-users of vaping/smoking, former-users, single-vapers and single-smokers implement to, respectively, not initiate the first vaping and/or smoking, resist relapse into re-use of e-cigarettes and tobacco smoking, and resist initiating smoking subsequent to vaping?



MAIN OBJECTIVES

- ➊ To identify the characteristics and vulnerability factors that may expose adolescent non-users, former-users, single-vapers, single-smoker, at risk of experimentation/use of tobacco smoking/vaping, relapse into re-use of tobacco smoking/vaping, initiating tobacco smoking subsequent to vaping, or switching from smoking to vaping.
- ➋ To study the mechanisms structuring the motivations for abstinence from smoking/vaping, resistance to relapse, and the initiation of smoking subsequent to vaping.



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METHODS

DESIGN: Qualitative design (comprehensive and ethnographic) was conducted with 21 adolescents (15-18 years) attending two high school in St-Etienne, France.



MATERIALS: One-to-one qualitative interviews using semi-structural interview. Visioconference, known as *Voice over internet protocol* (VoIP) was adopted as a platform for qualitative data collection.

RESULTS

There are non-problematic and problematic abstinences:



- Non-problematic abstinences appeared to reflect both a strong sense of personal competences and self-efficacy, stemming from intrinsic self-defined motivations (individual characteristics or resources); and a non-precarious socio-ecological environment (family support and stable relationships with parents, friendly friends, poorly stimulating environment).
- Problematic abstinences appeared to stem from both a low sense of personal competence and self-efficacy, stemming more from self-determined extrinsic motivations; and from a socio-ecological context characterized by the vulnerability of family and environmental resources (precarious family support, relational tensions with parents, social pressure and influences from friends).

Mechanisms structuring relapse resistance trajectories among former users: for former single and former dual-users, "the mental capacity " to maintain one's decision despite the "temptation due to the influence of peers" seems to be the efficient medicine for resistance to relapse in the re-use of e-cigarettes and tobacco cigarettes. Thus, they reported that the decision to resist relapse would result from undifferentiated perceptions of the risks associated with smoking and e-cigarettes.

Mechanisms structuring smoking abstinence trajectories among single-vapers: as with non-users, "single-vaper" said that without a "strong mind and a strong personal determination not to touch it" he would never have had the "strength and power to say no" to the temptation to initiate the first tobacco cigarette after experimenting with and using e-cigarettes daily.

Mechanisms structuring smoking/vaping abstinence among non-users: the "power to say no" to the "First Time Scenario" was unanimously declared by the non-users participants as a factor structuring abstinence and resistance to vaping and smoking. They not make a distinction between the levels (high, low) of risks (of health and dependence) perceived associated with tobacco cigarettes and e-cigarettes.

Conclusion: To focus future studies on the impact of socio-ecological characteristics on the decision to abstain from smoking, in order to propose strategies that can help precarious non-users to maintain this decision sustainably.

Main message: to focus smoking prevention acts on the experience of abstainers; target young adolescents living in problematic socio-ecological conditions (particular attention to precarious abstainers/resisters).