

A COMPARISON OF SUCCESS RATE OF ENDS, NRT, OR MEDICATION IN CESSATION AMONG CIGARETTE ONLY USERS: A LONGITUDINAL ANALYSIS

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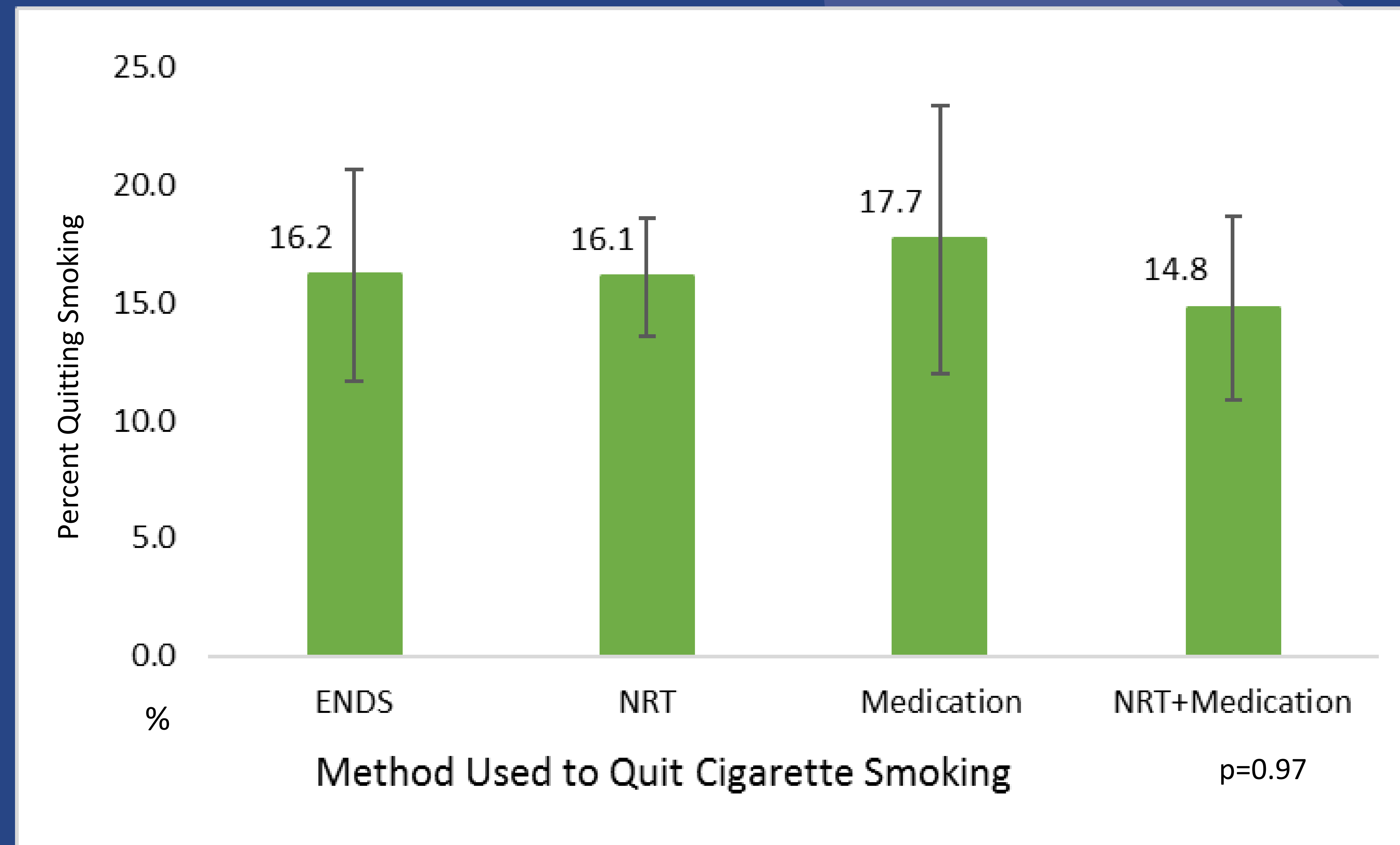
Background

- Prior studies investigating the role of electronic nicotine delivery systems (ENDS) use in cigarette cessation have largely relied on the analysis of non-representative samples
- The aim of this study is to compare the cessation success rate of ENDS, nicotine replacement therapy (NRT), or medication as a cessation aid among Wave 3 adult cigarette only users who used these methods between the Population Assessment of Tobacco and Health (PATH) Study Wave 3 (2015-2016) and Wave 4 (2016-2017)

Methods

- We compared the cigarette cessation rate of Wave 3 established cigarette only users who used ENDS, NRT, or medication (varenicline and bupropion) to quit smoking between wave 3 and 4 (n=532)
- “Cessation” was defined as being a former cigarette smoker in Wave 4
- Chi square test and logistic regression were used to assess the difference in cessation rate across aids

There is no difference in the effectiveness of ENDS, NRT or non-NRT medication for cigarette cessation



Results

- The percentages of quitting smoking among those who used ENDS (n=75), NRT (n=289), non-NRT medication (n=68), and a combination of NRT and non-NRT medication (n=100) were 16.2% (n=14), 16.1% (n=47), 17.7% (n=13), and 14.8% (n=12), respectively (p=0.97)
- In total, 192 cigarette only users in Wave 3 used ENDS to quit smoking with or without other methods and none of them became ENDS only users in Wave 4, 37.6% (n=71) of them became dual users of both cigarettes and ENDS, 52.8% (n=100) remained as cigarette only users, and 9.6% (n=21) became nonusers of any tobacco product in Wave 4
- The OR of becoming a former smoker in wave 4 among participants **aged 18-24** was 2.70 (95%CI: 1.12, 6.53) compared to participants aged 35 and over

Conclusion

- ENDS are not superior to FDA-CDER approved cessation methods for cigarette cessation. Cigarette users can be informed of the possibility to use NRT or non-NRT medication to quit cigarettes to avoid potential harmful effect of ENDS

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The authors declare no conflict of interest