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Table 1 Identified themes and examples of narratives expressed by focus group participants

Themes	Bio-behavioral feedback	Social benefits	Hobby elements	Personal identity	Difference between smoking cessation and nicotine cessation
Narratives	<p>“That feeling when it comes down and hits your throat and you inhale it, that’s like a big deal for us all.”</p> <p>“[...] When I quit cigarettes, my fixation with, you know, vaping, is very similar. So I like to vape while I’m in the car, I like to vape while after I have a meal or when I have a coffee or when I’m drinking and so on, so it mirrors that almost.”</p>	<p>“Going to the website you start hearing people’s stories [...] you research until you find something and I kept coming back to this and really liked it. There’s a big support community ethic, which is part of it.”</p> <p>“Having the support was instrumental.”</p> <p>“You don’t hear about two people on the patch talking about their patches or what brand their trying or what not.”</p>	<p>“I learned about [...] the different bases and juices. There’s so much knowledge out there and I became a nerd. And it became a hobby.”</p> <p>“I like all the flavors, I like the devices. You know, it’s my new hobby, my new collection. I don’t collect lighters now, I’m collecting juice and devices.”</p> <p>“Perfect vape.”</p>	<p>“You know, for years, I loved being able to carry around my pack of cigarettes and my Red Sox lighter. I miss carrying my Red Sox lighter [...] it becomes who you are. It becomes, you don’t do anything without a cigarette in your hand. Now I can still do that and still get the nicotine without disgusting somebody else because I am smoking, and it does stink.”</p> <p>Refer to themselves as “vapers.”</p>	<p>“When I first started, that was the plan. But I enjoy it now. I don’t see anything wrong with it.”</p> <p>“My goal is to be nicotine free at some point but I’m not in a hurry, either.”</p>

Source: Perceived efficacy of e-cigarettes versus nicotine replacement therapy among successful e-cigarette users: A qualitative approach. *Addiction Science & Clinical Practice*, 2013, 8:5.

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Substance Abuse: Research and Treatment



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ORIGINAL RESEARCH

Evaluating Nicotine Levels Selection and Patterns of Electronic Cigarette Use in a Group of “Vapers” Who Had Achieved Complete Substitution of Smoking

Konstantinos E. Farsalinos¹, Giorgio Romagna², Dimitris Tsiapras¹, Stamatis Kyrzopoulos¹ and Vassilis Voudris¹

Source: Evaluating nicotine levels selection and patterns of electronic cigarette use in a group of “vapers” who had achieved complete substitution of smoking. *Substance Abuse: Research and Treatment*, 2013, 7: 139-146.

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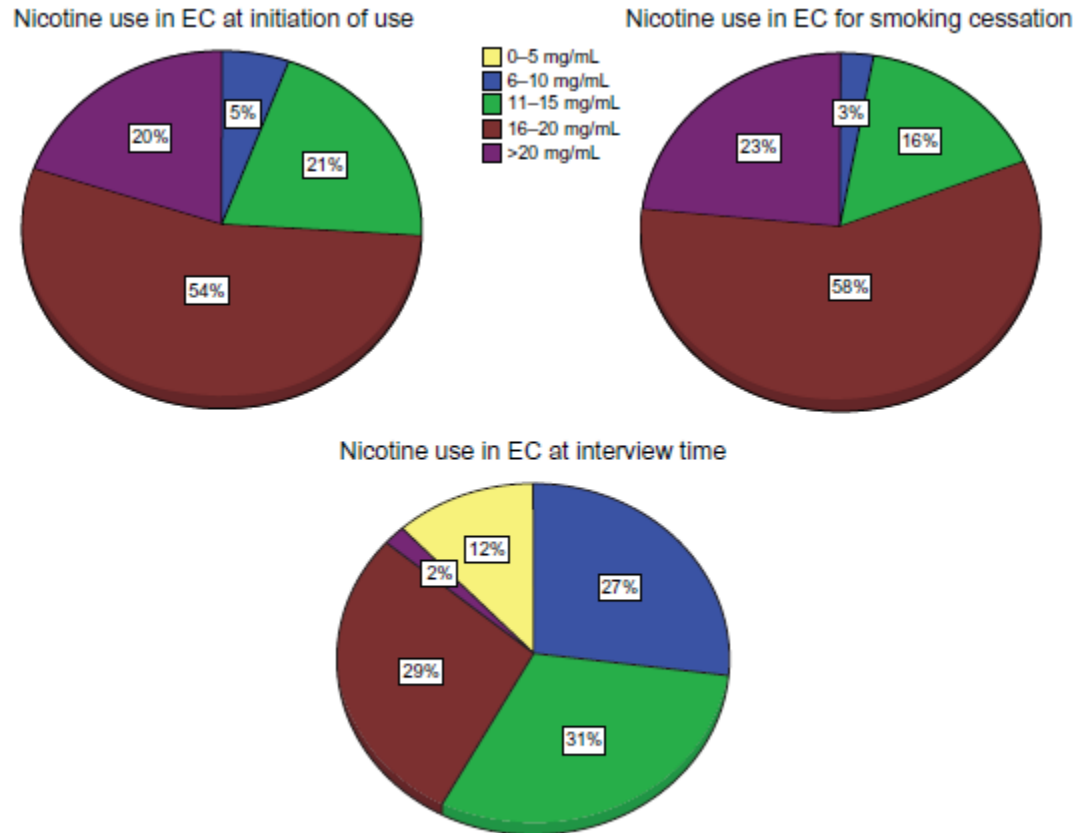


Figure 1. Nicotine concentration (mg/mL) used with the electronic cigarette (EC) at initiation of use, for smoking cessation, and at the time of the interview.

Source: Evaluating nicotine levels selection and patterns of electronic cigarette use in a group of “vapers” who had achieved complete substitution of smoking. *Substance Abuse: Research and Treatment*, 2013, 7: 139-146.

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Table 3.

Perceived effects, side effects, satisfaction, and relief of craving: Internet, 2012–2014.

In 374 recent quitters who used e-cigarettes daily	A			P value
	Definitely	lot	Somewhat + no + maybe	
Perceived effects on smoking				
Does the e-cigarette relieve desire or craving to smoke?				
Did the e-cigarette help you stop smoking? (definitely, %)	93	82	23	<0.001
It's easy to abstain from smoking when using the e-cigarette (agree, %)	94	92	46	<0.001
Fears that will start smoking again if stopped vaping (agree, %)	82	80	46	<0.001
Craving for tobacco cigarettes (% none)	40	17	19	<0.001
Satisfaction				
Satisfied with the e-cig? (Extremely, %)	61	23	25	<0.001
Quality of model used most (very good, %)	52	35	20	<0.001
Ever recommended e-cig to other people (%)	93	91	72	0.008
Rating of flavor used most (very good, %)	20	12	15	0.23
Likes the taste of e-vapor (strongly agree, %)	53	40	19	0.019
Likes the sensation when inhales e-vapor (%)	52	39	19	<0.001
It feels so good to vape (fully agree, %)	41	26	16	0.031
I love vaping (fully agree, %)	43	26	15	<0.001
Likes gestures of vaping (strongly agree, %)	40	45	19	0.007
Throat hit is strong (%)	34	29	19	0.12

Source: Explaining the effects of electronic cigarettes on craving for tobacco in recent quitters. *Drug and Alcohol Dependence*, 2015.

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Table 4.
Dependence on the e-cigarette, withdrawal symptoms, and relief of craving: Internet, 2012–2014.

In 374 recent quitters who used e-cigarettes daily	A			P value
	Definitely	lot	Somewhat + no + maybe	
Dependence on e-cig				
Addiction to e-cigarette (scale of 0 to 100) median	75	60	50	0.001
Minutes to 1st puff of the day (median)	15	20	45	0.001
e-FTND (mean)	3.7	3.4	2.6	0.001
e-CDS (mean)	35.3	34.2	27.7	<0.001
e-NDSS Overall (mean)	-1.2	-1.2	-1.7	0.04
If decided to stop using e-cigarette, likely to succeed (%)	28	35	46	0.51
Made a serious (unsuccessful) attempt to stop using e-cig in past 12 months (%)	2	2	0	0.98
Stopping using e-cig for good would be very difficult + impossible (%)	26	23	12	0.001
Felt the urge to vape today (a lot of the time + almost all the time + all the time, %)	29	15	12	<0.001
Strength of urges to vape today (strong, %)	38	23	16	<0.001
After a few hours without using the e-cig, feels an irresistible urge to vape (agree, %)	68	60	19	<0.001
Craving for e-cig, subscale from the Wisconsin Withdrawal Scale (mean)	1.4	1.5	1.2	0.08
Addiction to e-cig, compared to former addiction to tobacco (same or stronger, %)	33	21	19	<0.001
Withdrawal symptoms "definitely" relieved by e-cigs (%)				
Anxious, nervous	29	8	0	<0.001
Angry, irritable, frustrated	29	8	4	<0.001

Source: Explaining the effects of electronic cigarettes on craving for tobacco in recent quitters. *Drug and Alcohol Dependence*, 2015.

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Table 2
Behavior change after one month and one year in e-cigarette users.

	After one month	After one year
<i>N</i> participants	477	367
Interval between baseline and follow-up, days, median (25th, 75th centiles)	31 (31, 34)	380 (236, 524)
Among daily vapers at baseline, percent (<i>N</i>) still vaping daily at follow-up (1 m: <i>n</i> = 356; 1y: <i>n</i> = 291)	98% (347)	89% (260)
Among daily vapers who had been vaping for <i>less than 1 month</i> at baseline, percent (<i>N</i>) still vaping daily at follow-up (1 m: <i>n</i> = 94; 1y: <i>n</i> = 77)	93% (87)	81% (62)
Among daily smokers who were vaping daily at baseline, percent (<i>N</i>) vaping daily at follow-up (1 m: <i>n</i> = 21; 1y: <i>n</i> = 18).	91% (19)	72% (13)
Among ex-smokers who were vaping daily at baseline, percent (<i>N</i>) still vaping daily at follow-up (1 m: <i>n</i> = 270; 1y: <i>n</i> = 233)	99% (268)	92% (214)
Among non-vapers at baseline, percent (<i>N</i>) vaping daily or occasionally at follow-up (1 m: <i>n</i> = 104; 1y: <i>n</i> = 63)	15% (16)	13% (8)
Ex-smokers		
Among daily vapers at baseline, percent (<i>N</i>) baseline ex-smokers who relapsed to smoking daily or occasionally at follow-up (1 m: <i>n</i> = 270; 1y: <i>n</i> = 233)	6% (15)	6% (13)
Dual users		
Smoking cessation rate at follow-up, in those who were vaping daily and smoking daily or occasionally at baseline (1 m: <i>n</i> = 50; 1y: <i>n</i> = 35)	22% (11)	46% (16)