

# Correlates of smoking cessation behaviors among dual users of cigarettes and e-cigarettes. Results from the TUS-CPS 2018-2019

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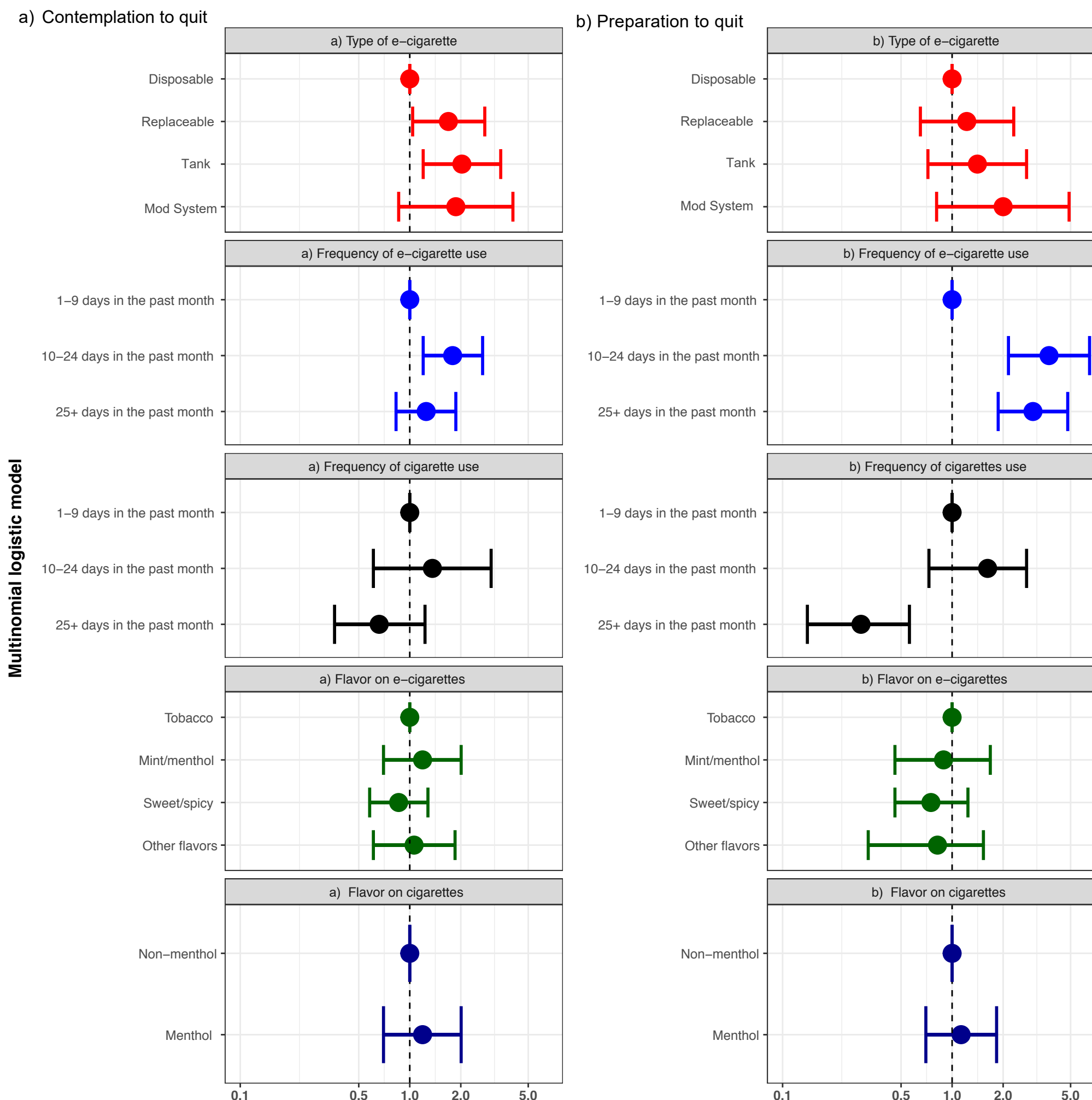
## Study Aim

- Few studies have examined the roles of e-cigarette frequency of use and device type in cigarette smoking cessation..
- Our study examines how e-cigarette frequency of use, device type, and flavorings affect the stages of cigarette smoking cessation among a national sample of dual users.

## Data & Measures

- We used data from TUS-CPS 2018-2019 a nationally representative sample of the US population.
- Cessation stages in current smokers:
  - Pre-contemplation to quit:** those who did not try to quit smoking in the past year and did not intend to quit.
  - Contemplation to quit:** those who made a quit attempt in the last year and intend to quit but not in the next month, or have plans to stop smoking but did not make a quit attempt in the past year.
  - Preparation to quit:** those who made a quit attempt in the previous year and intend to quit in the next month.
- Multinomial regression models (*reference group=pre-contemplation to quit*) adjusting for type of e-cigarette, frequency of e-cigarette and cigarette use, flavors on e-cigarettes and cigarettes, sex, age, education and income.

## Correlates of cessation behaviors among US dual users. CPS-TUS 2018-19 (n=1,038) (Reference=pre-contemplation)



## Key Findings

### Contemplation vs pre-contemplation:

Dual users who used e-cigarettes with a replaceable cartridge and those who used tank e-cigarettes had greater odds of being in the contemplation smoking cessation stage than those who used disposable e-cigarettes.

Using e-cigarettes between 10-24 days in the past month (vs. using e-cigarettes 1-9 days) had greater odds of being in the contemplation smoking cessation stage.

### Preparation to quit vs pre-contemplation:

Those who used e-cigarettes with higher frequency had greater odds of preparing to quit smoking.

We did not find an association between the use of flavors and any cessation behavior.

## Conclusion

The type of e-cigarette and the frequency of e-cigarette use could be determinants of smoking cessation behaviors among adult dual users of cigarettes and e-cigarettes.

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