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

Luis Zavala-Arciniega (lzavalaa@umich.edu), Nancy L. Fleischer, Jana L. Hirschtick, Rafael Meza
Department of Epidemiology, University of Michigan School of Public Health

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) adjusting for type of e-cigarette, frequency of e-cigarette and cigarette use, flavorings 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.

Funding: Research reported here was supported by the National Cancer Institute of the National Institutes of Health under Award Number U54-CA229974. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.