

Electronic Nicotine Delivery Systems Prevalence and Potential Treatment Among UND Students

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NIH estimates the prevalence of vaping to be at least 14%



Introduction

- Electronic Nicotine Delivery Systems (ENDS; vapes; vaping) have become increasingly popular amongst young people, even as traditional tobacco product use has declined.
- Goal: Examine the prevalence of vaping among UND students; investigate why they began; research the best treatment and prevention approaches
- Determine to what extent anxiety, depression, social support, life satisfaction, perceived stress, mindfulness, sexual violence history, and physical health influence use.

Phase 1: Self-Reported Nicotine Use

- Developed a cross-sectional survey administered to 300 - 400 participants
- Released via SONA and word of mouth
- Seeks to examine:
- Level of nicotine dependence for college-aged ENDS users
 - Compare demographic characteristics
 - Determine possible motivators for initiating use
 - History of psychological disorders
 - Personal education surround ENDS

Phase 2: Intensive Longitudinal Methods

- Survey begins Dec 17
- Offer empowering psychoeducation explaining consequences
- 10 - day self-reporting use of ENDS to see if there is a decrease in use after monitoring
- Follow-Up Survey sent after 30 days to determine if they were able to quit

Long-Term Goal

- The long-term goal of this research is to determine possible motivators for ENDS use so prevention measures can be taken appropriately.
- On a personal level, this research experience also gives me a good foundation for addiction research and possible motivators and treatment applications that I can use in future studies.