

Odunayo Omotilewa, M.S., Candice Davis, M.A., Raphael Adesiyun, M.Ed., Julia Estes, B.A., Melinda L. Ickes, Ph.D.

BACKGROUND

VAPE USAGE AMONG HIGH SCHOOLERS¹



MENTAL HEALTH AND VAPING

Adolescents who vape are more likely to have mental health challenges.²

Higher rates of vape use is associated with higher depressive symptoms.³

TOBACCO INDUSTRY INFLUENCE



Did you sleep well last night? 😴 Suffered from insomnia? 🙄
Tip: Light a scented candle and vape for a while before you go to bed. 🛏️ That helps a lot! 🌿

Vape companies promote their products as sources of relief to issues that relate to mental health, such as insomnia.⁴

PURPOSE

The purpose of this poster is to examine risk factors associated with vaping and whether students' mental health predicted their likelihood of vaping. Gender and racial/ethnic differences in vaping behavior and perceived susceptibility were also examined.

METHODS

- Data were collected from 1,951 middle and high school students from schools participating in a prevention program (baseline data only) between August and December 2022 using an online survey.
- Passive parental consent and student assent were obtained prior to participation.
- A preliminary correlation analysis examining the relationship between mental health symptoms and vaping behavior was explored.

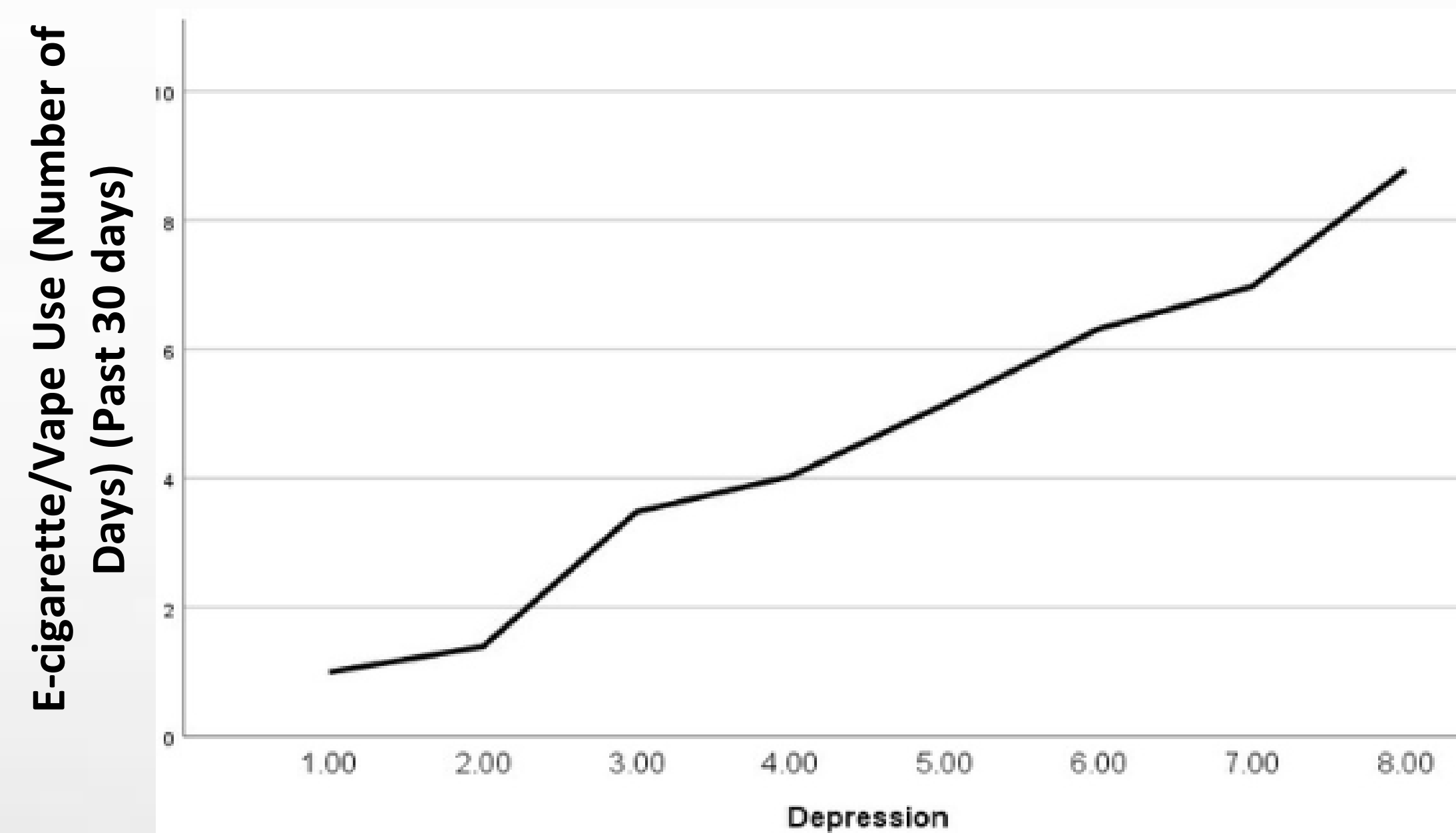
OUTCOME MEASURES

- Vaping susceptibility – 3-items (use if best friend offered, think you will try vape in the next year, thought about using even once or twice)
- Vape use – past 30 days use
- Mental health – anxiety, depression symptoms

RESULTS

MENTAL HEALTH & VAPING BEHAVIOR

- Mental health was a significant predictor of daily vaping behavior (Figure 1).
- The overall regression model was a significant predictor of daily vaping product use ($R^2 = .60$, $F(2,932) = 29.68$, $p < .001$), with only depression adding significantly to the model.



MENTAL HEALTH & VAPING SUSCEPTIBILITY

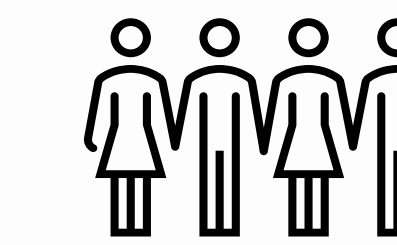
- Mental health was a significant predictor of susceptibility.
- The overall regression model was a significant predictor of ($R^2 = .111$, $F(2,1900) = 118.43$, $p < .001$), with only depressive symptoms adding significantly to the models.

GENDER AND RACIAL/ETHNIC DIFFERENCES

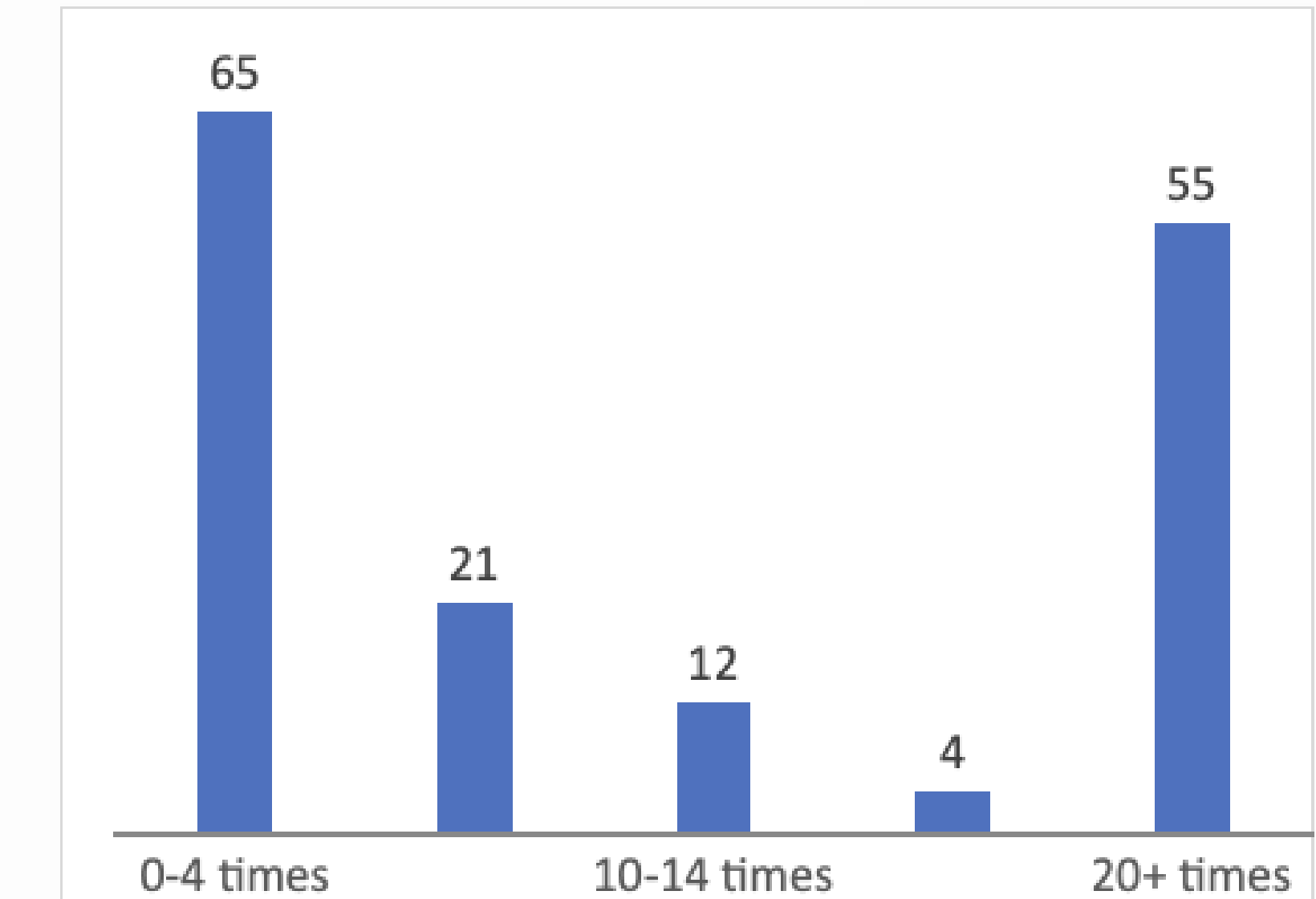
- Gender and race/ethnicity did not contribute to the effect that mental health had on students' vaping behavior or susceptibility.

DEMOGRAPHICS (N=1,951)

- Race/Ethnicity**
 - 83.26% of identify as White
 - 16.74% are Non-white
- Gender**
 - 49.16% identify as male
 - 45.52% identify as female
 - 5.32% identify as Other



How many times per day do you usually use your vape or e-cigarette? One "time" consists of 1 or more puffs. (n=157)



DISCUSSION

- Students who reported experiencing feelings associated with **depression** are **more likely to use and be susceptible to trying vaping products** more frequently than students with lower reports of depression.
- Identifying** depression, anxiety, and other **mental health symptoms** as possible **risk factors** can help parents, educators, and mental health practitioners become **aware of behaviors** that might indicate that a **student is at risk** of using **vaping** products.
- Identifying risk factors of vaping will also be helpful for **future prevention programs** focused on reducing youth vaping.

LIMITATIONS

- There is the potential for social desirability bias for online self-reported data.
- Mental health outcomes were not looked at over time and for this analysis, these were limited to depression and anxiety.
- Results may not be generalizable across all adolescents.

TAKING ACTION



Continue to educate students, parents, teachers, and healthcare personnel on the impact of vaping on mental health & the Tobacco Industry's manipulative ads.



Encourage those working with youth to discuss mental health problems with youth.



Advocate for non-punitive measures when implementing consequences for youth vape users.



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The purpose is to describe the reach of a near peer e-cigarette prevention and empowerment program, #iCANendthetrend, among participating students in Kentucky and to determine racial and geographic differences in reach.

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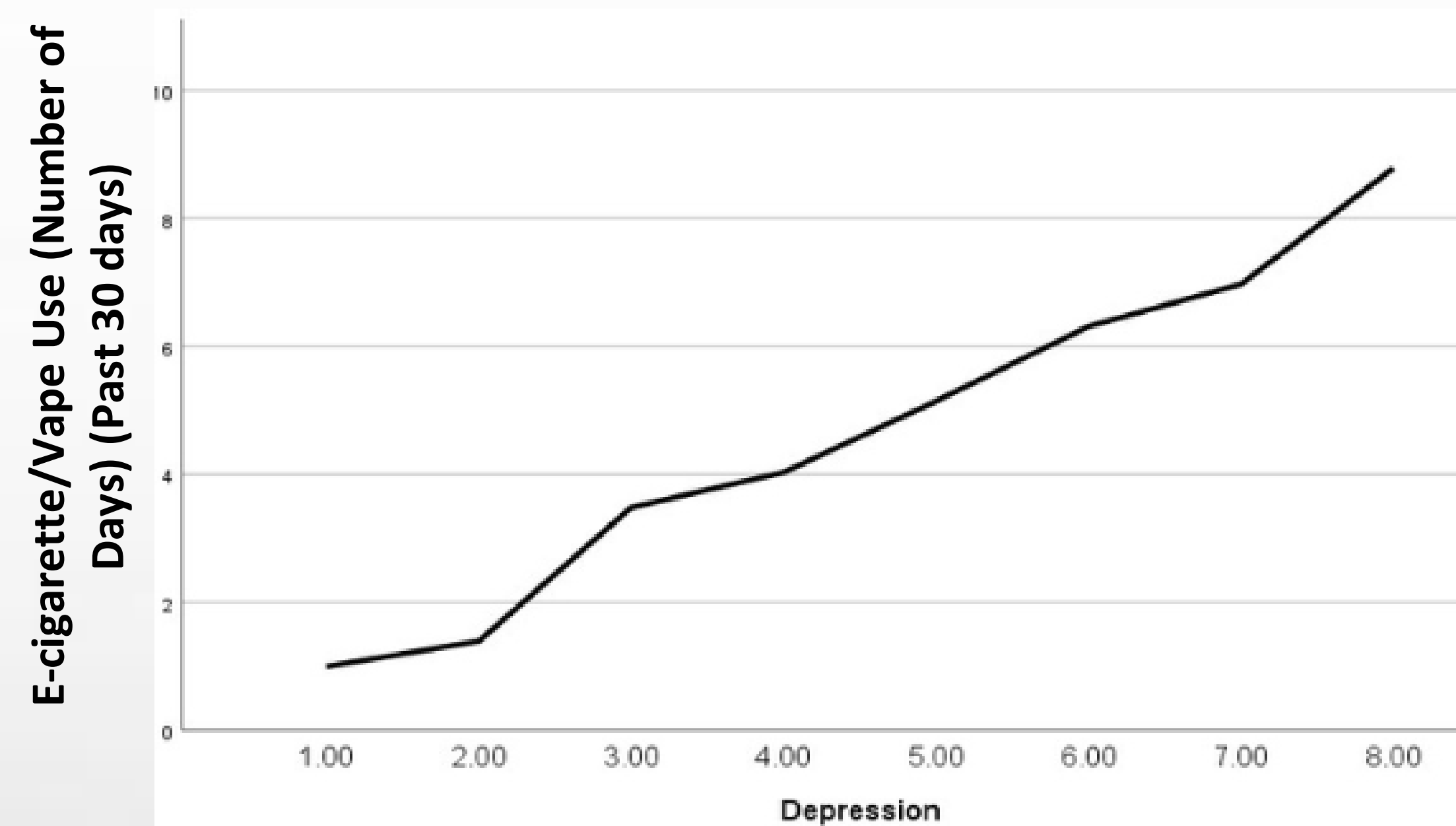
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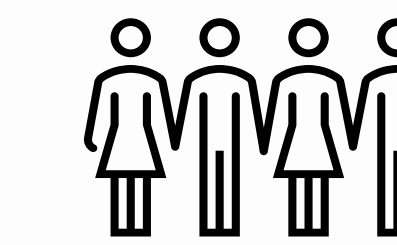
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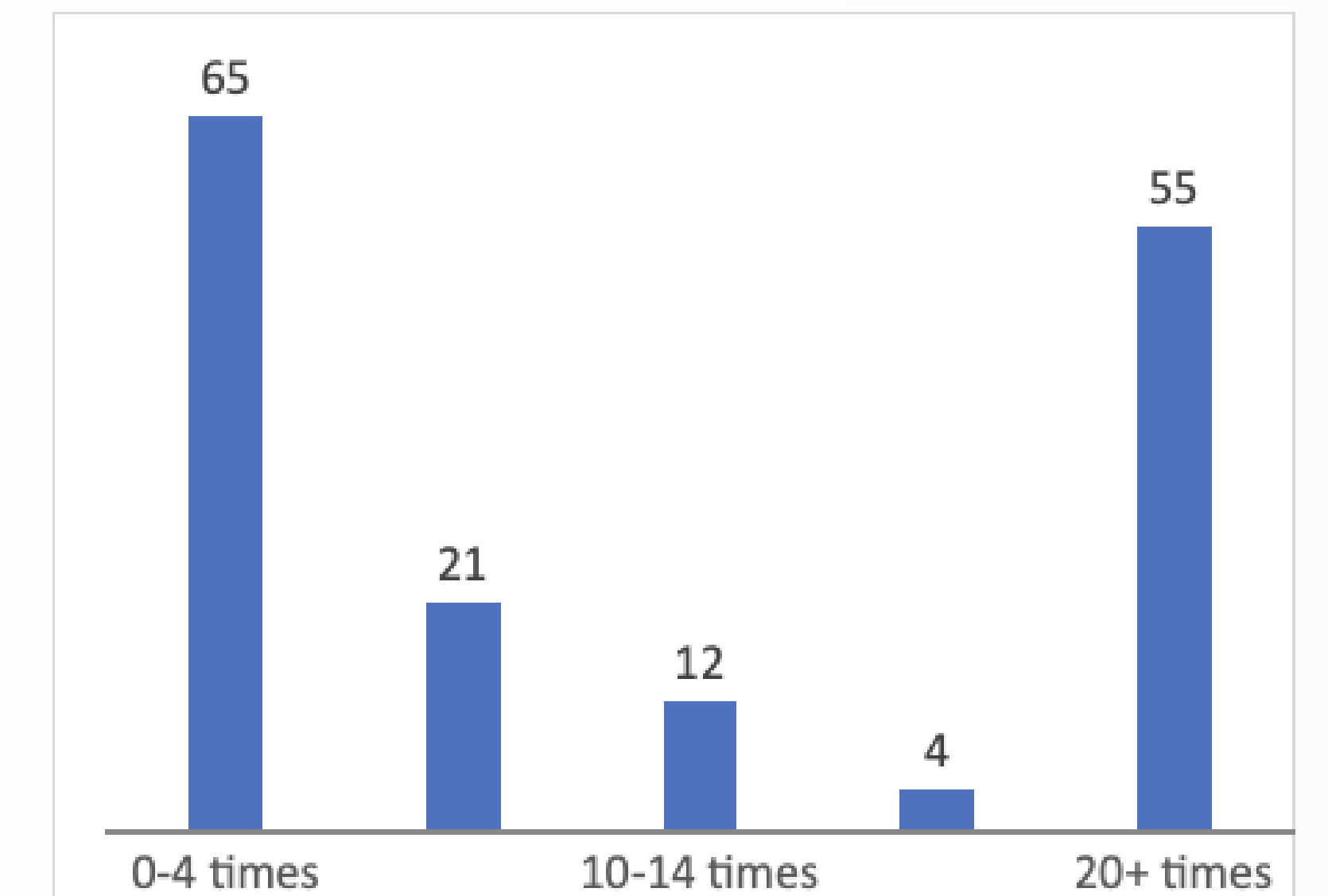
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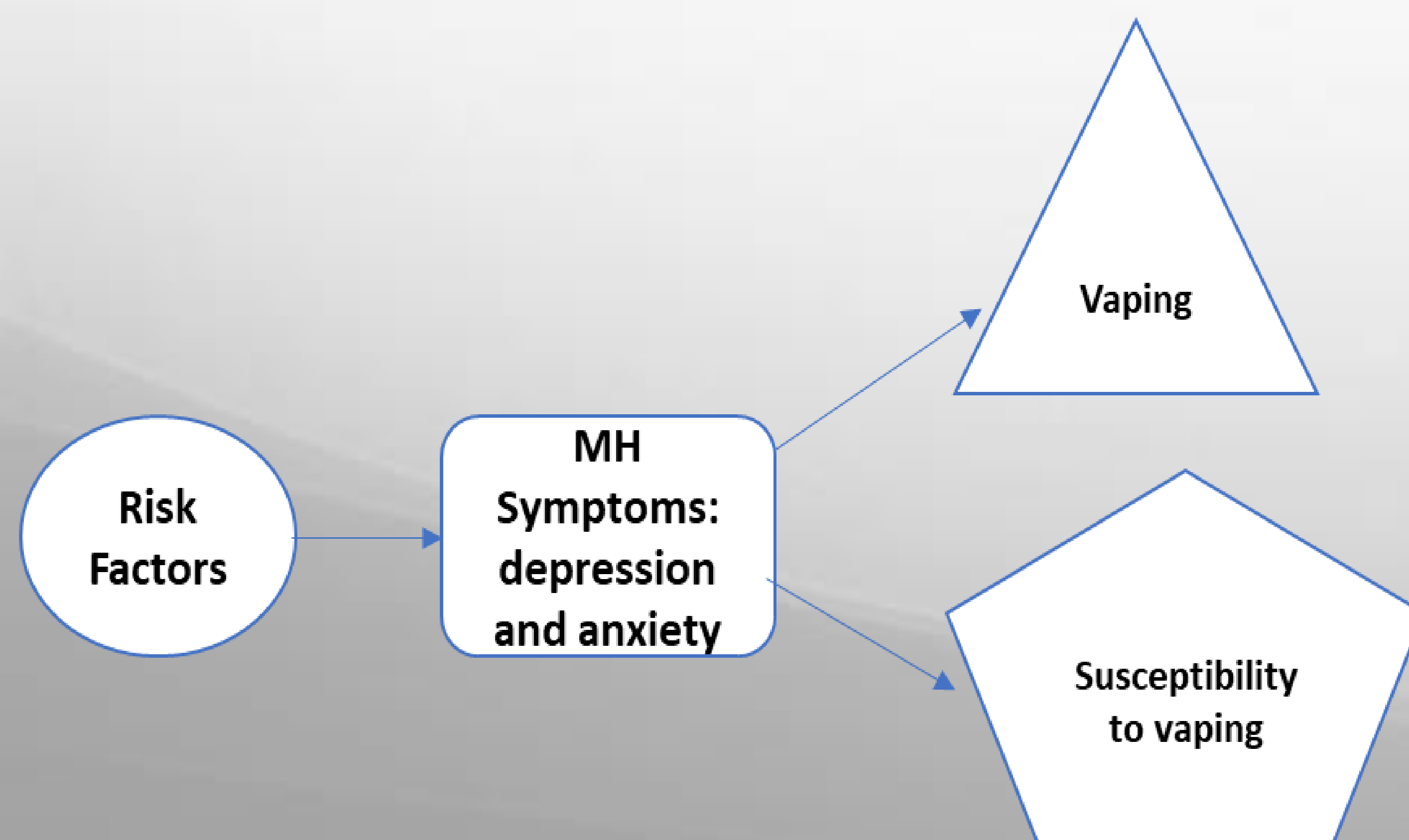
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motiamerica Did you sleep well last night? 😴 Suffered from insomnia? 🙄
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VARIABLES



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- Passive parental consent; **student assent** prior to participation
- A preliminary correlation analysis examining the relationship between mental health symptoms and vaping behavior suggests that mental health symptoms such as depression and anxiety can predict the risks of vaping behavior (daily frequency of use) and susceptibility.

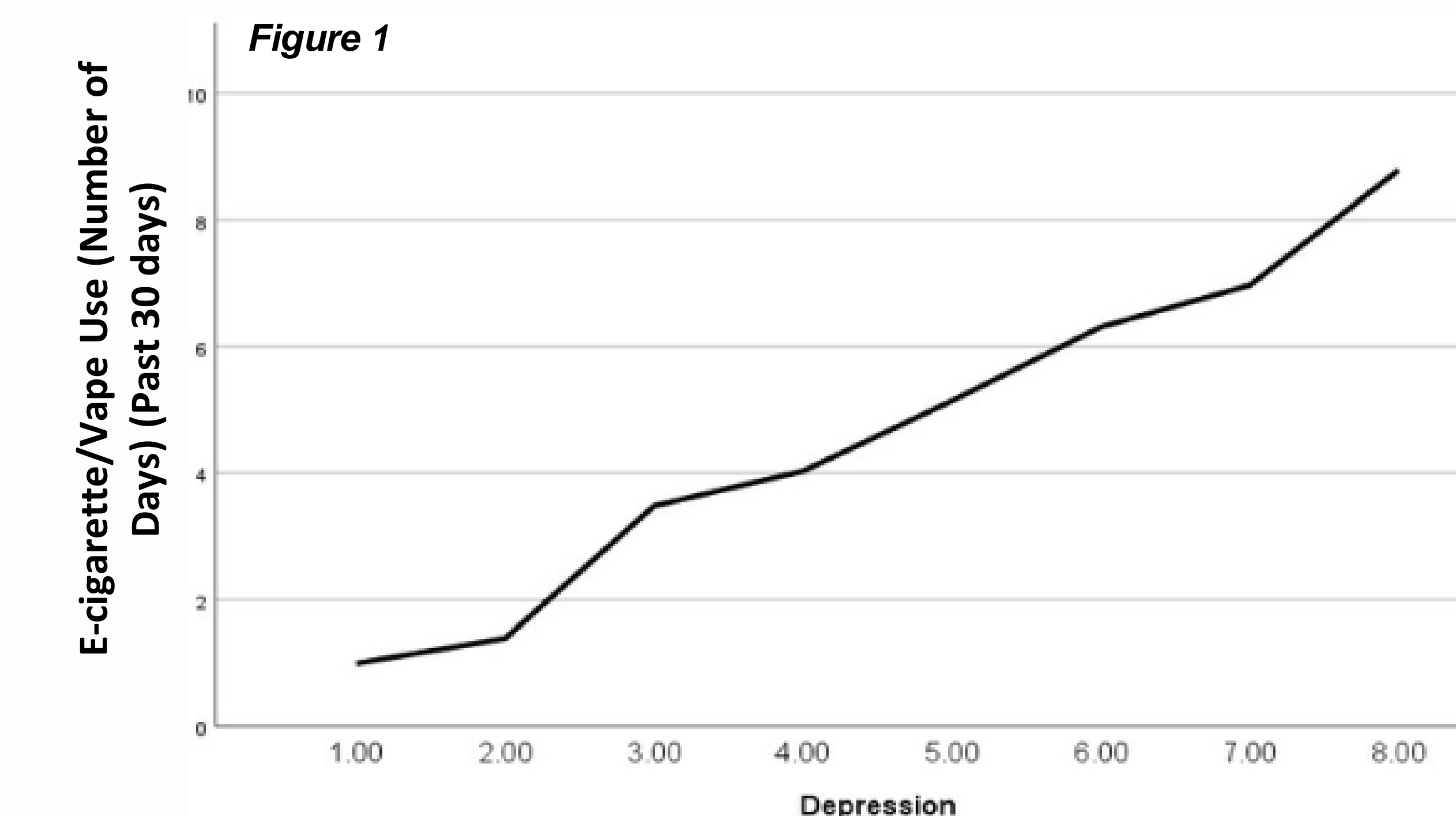
Limitation of the study

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