

Cessation of E-cigarette use by youth

- **Understand**
 - **E-cigarette use behaviors and dependence among youth**
 - Where, when, how much, what (device type, nicotine concentration/delivery)
 - What characteristics of e-cigarettes appeal to you?
 - Reasons for use: Behavioral or Pharmacological?
 - **How to “Educate “ and “Motivate” youth to quit**
 - Emphasize toxicity of nicotine and flavors to youth, especially adolescent brain
 - Educate parents, students, teachers
 - **“Optimize Reach” of interventions**
 - Schools, Health clinics, Pediatricians, digital interventions

Youth Tobacco Cessation, May 15, 2019

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- **Develop and Test Interventions**
 - **Adapt from cigarette cessation literature**
 - Is a nicotine reduction approach needed?
 - **Behavioral paradigms**
 - Brief behavioral paradigms, cognitive behavioral paradigms, motivational interventions, incentives
 - **Pharmacological paradigms**
 - Nicotine Replacement, Others

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