

What interventions are helpful when quitting vaping?

Clinical Question	What are the benefits and harms of the different interventions used to assist people who would like to quit vaping?
Bottom Line	Three pharmacotherapies were studied: combination NRT, varenicline, and cytisine. Low-certainty evidence suggests varenicline may improve long-term quit rates compared to placebo. Combination NRT may lead to more non-serious adverse events than no intervention or behavioural support alone. Few studies reported serious adverse events, with low-certainty evidence overall. Behavioural supports tested included reducing nicotine concentration and text message-based interventions. The former had insufficient data, while the latter showed low-certainty evidence of higher quit rates in youth and young adults. Some studies combined NRT with print-based self-help and text messaging or compared it to behavioural support, but findings were inconclusive due to limited data.
Caveat	Most of the studies were conducted in the USA limiting generalizability. Nearly all studies involved adults, with only one focusing on participants under 18. Three studies included only young adults (18-24 years). Text message-based interventions showed low-certainty evidence of helping young people (13-24 years) quit vaping, but this may not be generalisable to older adults. Most studies included both former smokers and non-smokers, none of the studies included solely non-smokers. Four studies were funded by intervention manufacturers.
Context	Vapes produce an aerosol by heating an e-liquid, usually containing a combination of propylene glycol, glycerol, nicotine, and flavours. They are considered less harmful than tobacco cigarettes and are endorsed as smoking cessation aids in some countries. However, concerns exist about their long-term health effects, especially for young people and non-smokers. There is limited evidence on the best methods to stop vaping, but both pharmacological and behavioural interventions are being explored. More research is needed to understand the long-term harms and effective cessation strategies.
Cochrane Systematic Review	Butler AR, Lindson N, Livingstone-Banks J, Notley C, Turner T, Rigotti NA, Fanshawe TR, Dawkins L, Begh R, Wu AD, Brose L, Conde M, Simonavičius E, Hartmann-Boyce J. Interventions for quitting vaping. Cochrane Database of Systematic Reviews 2025, Issue 1. Art. No.: CD016058. DOI: 10.1002/14651858.CD016058.pub2. This review contains 9 trials which included 5,209 people.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD016058.pub2/full>