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A Qualitative Mini-Study of Young Adults Who Use Electronic Nicotine Delivery Systems (ENDS)

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Title: A Qualitative Mini-Study of young adults who use electronic nicotine delivery systems (ENDS)

Purpose: The purpose of this study is to understand the beliefs, values, and experiences of young adults (age 18-25) who use ENDS, or "Vapes."

Background: Vaping is the act of inhaling an aerosolized liquid which contains known carcinogens. More than nine million adults currently use ENDS. Use among young adults doubled between 2013 and 2014. There is little research about young adults who use ENDS.

Method: Participants were recruited via snowball method for this focused ethnography mini-study of young adults who currently vape (N =4) including three males and one female. Data were collected by audio-recording semi-structured interviews over four months which were transcribed into NVivo 11 software. Leininger's phases of data analysis guided analysis. The descriptors and components were categorized. Patterns were identified from the categories.

Results: Ten categories were identified and three patterns subsequently emerged; Feeling Shamed about Vaping, Uncertainty of Health Implications and, Positive Sensory Experiences. Participants expressed experiences of being shamed for Vaping and some expressed embarrassment about the behavior. Participants believed that Vaping is healthier than cigarette smoking, but also shared concern about possible unknown negative health effects. Positive sensory experiences, such as flavor or a "buzz," were valued by participants.

Conclusions and Implications: Research in the area of Vaping is lacking, and the full implications of this behavior on health are not completely known. Yet, health concerns related to vaping should be addressed when caring for young adults. More information is needed about the knowledge level of young adults related to health implications of using Vaping products. Future research should explore how the positive sensory experience may influence the continuation of the behavior past any nicotine dependency or despite feelings of shame. Additional future research may also test educational interventions to decrease Vaping behavior in this population.

Title:

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Electronic Nicotine Delivery Systems, Vaping and Young Adults

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Abstract Summary:

A focused ethnographic mini-study that explores the beliefs, values, and experiences of young adults who vape. Data were collected through interview with semi-structured question guide. Ten categories were identified and three patterns subsequently emerged; Feeling Shamed about Vaping, Uncertainty of Health Implications and, Positive Sensory Experiences. Further research is needed.

Content Outline:

I. Introduction

A. The purpose of this study is to understand the beliefs, values, and experiences of young adults (age 18-25) who use ENDS, or "Vapes."

B. Vaping is the act of inhaling an aerosolized liquid which contains known carcinogens.

C. Young adult use of ENDS products doubled from 2013 to 2014.

II. Body

A. Recruitment via snowball method (N=4).

B. Recorded and Transcribed

1. NVivo software

C. Leiningers phases of data analysis

D. Ten categories were identified and three patterns emerged;

1. Feeling Shamed about Vaping

2. Uncertainty of Health Implications

3. Positive Sensory Experiences

III. Conclusion

A. Full implications of behavior on health yet unknown

B. More information is needed about the knowledge level of young adults related to health implications of using ENDS

C. Future research

1. explore effect of positive sensory experience influences use

2. test educational interventions to decrease use in young adult population

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Professional Experience: I am a nurse educator in the area of public and community health nursing. I am a PhD student. This activity is part of my PhD dissertation topic. I have been working on this topic for 2 years.

Author Summary: Beth Tremblay RN MSN is a nurse educator at Old Dominion University. She is interested in emerging health trends that affect public health. She is a PhD student at Duquesne University. Beth's dissertation topic is young adults who use electronic nicotine delivery systems