

European Respiratory Society Annual Congress 2013

Abstract Number: 7175

Publication Number: P1047

Abstract Group: 6.3. Tobacco, Smoking Control and Health Education

Keyword 1: Smoking **Keyword 2:** Treatments **Keyword 3:** Experimental approaches

Title: Do electronic cigarettes help smokers quit? Results from a randomized controlled trial

Prof. Dr Christopher 1482 Bullen c.bullen@nihi.auckland.ac.nz MD ¹, Dr. Colin 1483 Howe c.howe@nihi.auckland.ac.nz ¹, Dr. Murray 1484 Laugesen hns@healthnz.co.nz MD ², Dr. Hayden 1485 McRobbie h.j.mcrobbie@qmul.ac.uk MD ³, Mrs. Varsha 1486 Parag v.parag@nihi.auckland.ac.nz ¹, Dr. Jonathan 1487 Williman jonathan.williman@otago.ac.nz ⁴ and Dr. Natalie 1488 Walker n.walker@nihi.auckland.ac.nz ¹. ¹ National Institute for Health Innovation, The University of Auckland, Auckland, New Zealand ; ² Health New Zealand Ltd, Health NZ, Christchurch, New Zealand ; ³ Woolfson Institute, Queen Mary University of London, London, United Kingdom and ⁴ Department of Public Health and General Practice, University of Otago, Christchurch, New Zealand .

Body: Introduction. Users of electronic cigarettes ('e-cigarettes') inhale a propylene glycol and/or glycerol mist generated by an electrically-powered vaporizer, usually containing nicotine. Smokers report using them to quit; several withdrawal studies suggest potential as cessation aids but, until now, no adequately-powered randomized controlled cessation trial has been conducted to establish if they assist smokers to quit. Aims and objectives. To investigate if e-cigarettes (16mg nicotine) increase quit rates at 6 months after the quit date, compared to 21mg nicotine patches and to placebo (0mg nicotine) e-cigarettes. Methods. Three-arm randomized controlled trial; 657 smokers aged 18 years and over from Auckland, New Zealand, wanting to quit, were allocated to e-cigarettes with nicotine cartridges or placebo cartridges, or nicotine patches. The primary outcome is continuous abstinence verified by exhaled carbon monoxide. Participants randomized to both e-cigarette arms were blind to nicotine content, instructed to use them for 1 week before and 12 weeks after quit day; those randomized to patches used them daily for an equivalent period. All were offered behavioral support. Results. Of 682 participants registered, 657 were randomized to 16mg nicotine e-cigarette cartridges (n=292), placebo cartridges (n=73) and 21mg patches (n=292). Last participant 6 month follow up will be in July 2013. Quitting results will be presented. Conclusions. This trial will provide robust data on 6-month cessation efficacy of e-cigarettes, with important implications for policies and regulation of these novel devices.