

Visualizing transitions from smoking to vaping: An intensive daily diary investigation using smartphone surveys



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- None of the authors has received any funding from any industry source in the last five years
- No off-label medication uses are discussed

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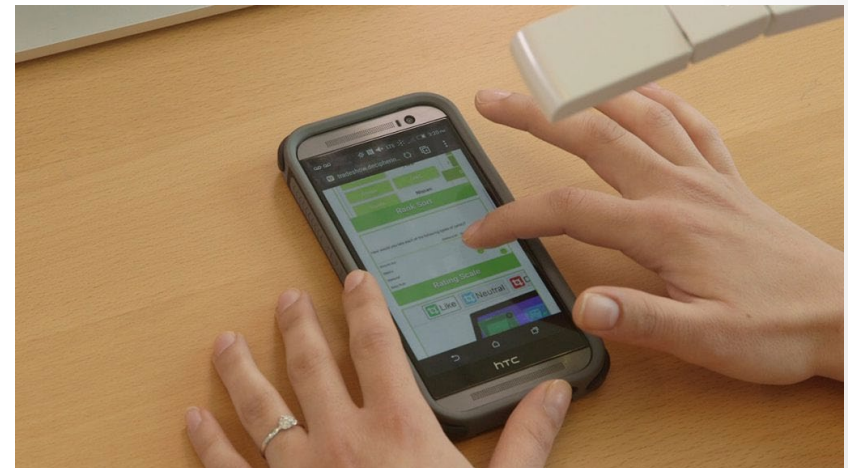
Dual use



Methods

- 45 participants
 - Smoked
 - Willing to try to quit using an ENDS
 - Willing to participate in an 18-20 week study

- Daily diary task sought data on
 - Smoking (at least one puff)
 - ENDS use (at least one puff)



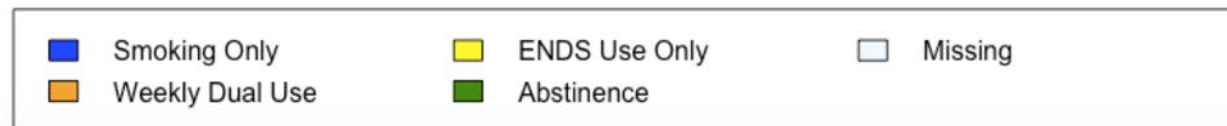
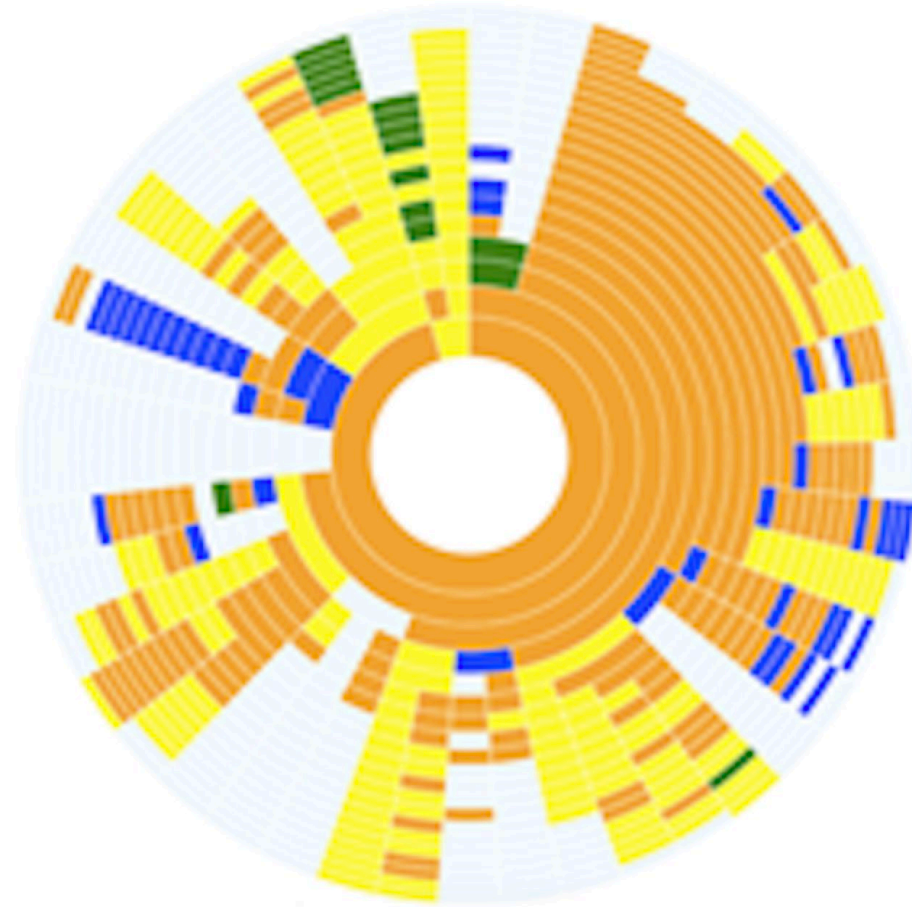
Participant classification

Weekly and daily behaviours reported

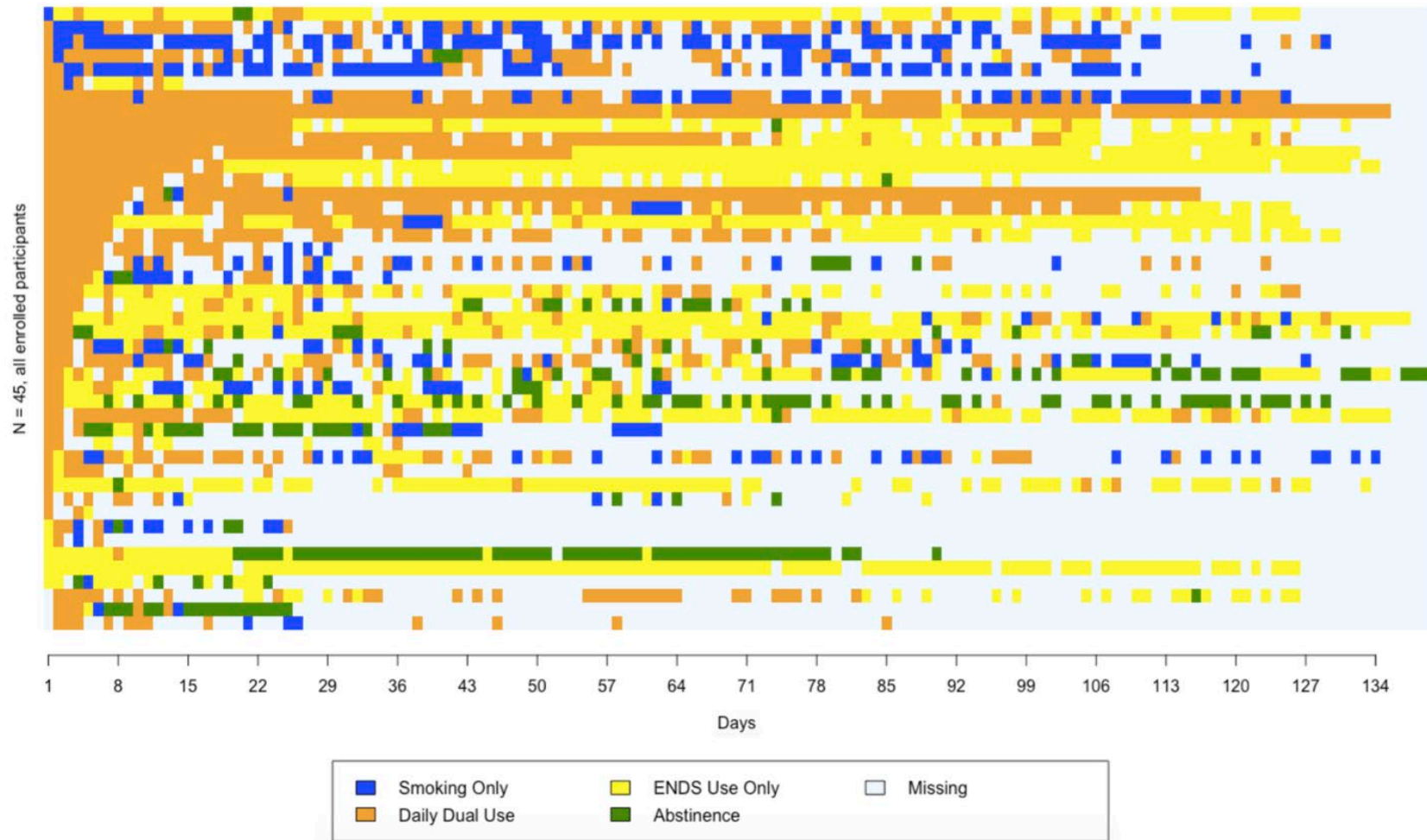
- Smoked only
- ENDS use only
- Dual use
- Abstinent



Sunburst plot



Sequence plot



Implications and Limitations

Considerable variety and movement

- More caution when classifying “outcomes”
- Greater encouragement of persistence
- Longer cessation support programmes

Limitations

- Small sample and missing data
- No biochemical validation
- No true baseline of cigarette use



Kia ora, thank you

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