Brief Advice on Smoking and Vaping Cessation Reference list

This reference list is for the Brief Advice on Smoking and Vaping Cessation e-learning module available for all NSW health staff via the HETI platform.

- U.S. Centers for Disease Control and Prevention. (2020, January). E-cigarettes, or Vaping Products Visual Dictionary. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/ecigarette-or-vaping-products-visual-dictionary-508.pdf [Accessed 4 July 2022]
- 2. Banks, E., Beckwith, K., & Joshy, G. (2020). Summary report on use of e-cigarettes and relation to tobacco smoking uptake and cessation, relevant to the Australian context.
- 3. Cancer Council NSW (2021). Smoking in NSW. Cancer Council NSW. https://www.cancercouncil.com.au/cancer-prevention/smoking/smoking-in-nsw/
- Centre for Epidemiology and Evidence. HealthStats NSW. Sydney: NSW Ministry of Health Available at: https://healthstats.nsw.gov.au/r/112204 Accessed: 02/04/2024
- Centre for Epidemiology and Evidence. HealthStats NSW. Sydney: NSW Ministry of Health Available at: https://healthstats.nsw.gov.au/r/112859 Accessed: 02/07/2024
- 6. Commonwealth of Australia. Department of Health and Aged Care (2024, May 08). Effects of Smoking and Tobacco. https://www.health.gov.au/topics/smoking-vaping-and-tobacco/about-smoking/effects
- 7. Greenhalgh, EM, Bayly, M, & Scollo, M. (2024). 1.7 Trends in the prevalence of smoking by socio-economic status. Tobacco in Australia: Facts and issues. http://www.tobaccoinaustralia.org.au/chapter-1-prevalence/1-7-trends-in-the-prevalence-of-smoking-by-socioec
- 8. NSW Health. Healthstats NSW Electronic Cigarettes by Electronic Cigarettes. Accessed July 2022. Available from:
 - https://www.healthstats.nsw.gov.au/#/indicator?name=-beh-smo-ecig-phs&location=NSW&view=Trend&measure=prevalence&groups=Electronic%20cigarette%20use&compare=Electronic%20cigarette%20use&filter=Electronic%20cigarette%20use,Current%20user,Ever%20used
- 9. NSW Health. Healthstats NSW. Electronic Cigarettes by Age (Years). Accessed July 2022. Available from: https://www.healthstats.nsw.gov.au/#/indicator?name=-beh-smo-ecig-
 - phs&location=NSW&view=Trend&measure=prevalence&groups=Age%20(years),Electronic%20cigarette%20use&compare=Age%20(years)&filter=Electronic%20cigarette%20use,Current%20user,Ever%20used&filter=Age%20(years),All%20ages,16-24%20years
- Centre for Epidemiology and Evidence. HealthStats NSW. Sydney: NSW Ministry of Health Available at: https://healthstats.nsw.gov.au/r/112417 Accessed: 02/07/2024
- Cancer Council NSW (2021). E-Cigarettes.
 https://www.cancercouncil.com.au/cancer-prevention/smoking/electronic-cigarettes/
- 12. Banks E, Yazidjoglou A, Brown S, Nguyen M, Martin M, Beckwith K, Daluwatta A, Campbell S, Joshy G. (2022, April). Electronic cigarettes and health outcomes: systematic review of global evidence. Report for the Australian Department of Health. National Centre for Epidemiology and Population Health.
- Kearns, R., Gardner, K., Silveira, M. et al. Shaping interventions to address waterpipe smoking in Arabic-speaking communities in Sydney, Australia: a qualitative study. BMC Public Health 18, 1379 (2018). https://doi.org/10.1186/s12889-018-6270-3

- U.S. Centers for Disease Control and Prevention (2021, April 22). Hookahs. Smoking and Tobacco Use.
 - https://www.cdc.gov/tobacco/data_statistics/fact_sheets/tobacco_industry/hooka hs/index.htm#:~:text=In%20a%20typical%201%2Dhour,nicotine%20of%20a%20si ngle%20cigarette.
- 15. Shisha No Thanks (2019). Shisha (Waterpipe) Smoking Factsheet for Health Care Professionals. https://shishanothanks.org.au/wp-content/uploads/2019/10/Shisha-Fact-Sheets-Health-Care.pdf
- Varghese, J., & Gharde, P. M. (2023). A Comprehensive Review on the Impacts of Smoking on the Health of an Individual. *Cureus*, 15(10).
- 17. Critselis, E., & Panagiotakos, D. (2024). Impact of electronic cigarette use on cardiovascular health: current evidence, causal pathways, and public health implications. *Angiology*, 75(5), 417-424.
- 18. Winnall, W, Greenhalgh, EM & Scollo, MM. (2023). Health effects of e-cigarette use during pregnancy. Tobacco in Australia: Facts and issues. Cancer Council Victoria. https://www.tobaccoinaustralia.org.au/chapter-18-e-cigarettes/18-6-the-health-effects-of-e-cigarette-use-during-pregnancy
- 19. Cuccia, A. F., Patel, M., Amato, M. S., Stephens, D. K., Yoon, S. N., & Vallone, D. M. (2021). Quitting e-cigarettes: Quit attempts and quit intentions among youth and young adults. *Preventive medicine reports*, *21*, 101287.
- 20. Hobkirk, A. L., Hoglen, B., Sheng, T., Kristich, A., Yingst, J. M., Houser, K. R., ... & Foulds, J. (2022). Peer Reviewed: Intentions and Attempts to Quit JUUL E-Cigarette Use: The Role of Perceived Harm and Addiction. *Preventing Chronic Disease*, 19.
- 21. Choo, J., Noh, S., Moon, J., Park, J., Jeoung, Y., & Song, W. (2022). Intention to quit electronic cigarette smoking among university students who are e-cigarette users. *Journal of American College Health*, 1-10.
- Palmer, A. M., Smith, T. T., Nahhas, G. J., Rojewski, A. M., Sanford, B. T., Carpenter, M. J., & Toll, B. A. (2021). Interest in quitting e-cigarettes among adult e-cigarette users with and without cigarette smoking history. *JAMA Network Open*, 4(4), e214146-e214146.
- 23. National Health and Medical Research Council. (2022, June). 2022 CEO Statement on Electronic Cigarettes. Building a Healthy Australia.

 https://www.nhmrc.gov.au/health-advice/all-topics/electronic-cigarettes/ceo-statement
- 24. Struik, L., & Yang, Y. (2021). e-Cigarette cessation: content analysis of a quit vaping community on Reddit. *Journal of Medical Internet Research*, 23(10), e28303.
- 25. Morean, M. E., Krishnan-Sarin, S., & O'Malley, S. S. (2018). Assessing nicotine dependence in adolescent e-cigarette users: the 4-item patient-reported outcomes measurement information system (PROMIS) nicotine dependence item bank for electronic cigarettes. *Drug and alcohol dependence*, 188, 60-63.
- 26. Cheng, C. C. W., He, W. J. Å., Gouda, H., Zhang, M. J., Luk, T. T., Wang, M. P., ... & Cheung, Y. T. D. (2024). Effectiveness of Very Brief Advice on Tobacco Cessation: A Systematic Review and Meta-Analysis. *Journal of General Internal Medicine*, 1-14.
- 27. United States. Public Health Service. Office of the Surgeon General. (2010). How tobacco smoke causes disease: the biology and behavioral basis for smoking-attributable disease: a report of the Surgeon General. US Department of Health and Human Services, Public Health Service, Office of the Surgeon General.
- 28. Winnall, WR, Greenhalgh, EM, Bayly, M and Scollo, MM. (2023) 18.5 Chemicals in eliquids and e-cigarette aerosols. Tobacco in Australia: Facts and issues. Cancer Council Victoria. https://www.tobaccoinaustralia.org.au/chapter-18-e-cigarettes/18-5-chemicals-in-e-liquids-and-e-cigarette-aerosols

- 29. Twyman, L. (2022, May 13). 5 Ways Quitting Smoking Improves Your Health. Cancer Council NSW. https://www.cancercouncil.com.au/news/5-ways-quitting-smoking-improves-your-
 - health/?utm_source=&utm_content=&utm_medium=cpc&gad_source=1&gclid=EAI alQobChMlosWR2dizhQMV8KRmAh0u7w2YEAAYAyAAEgKtcPD_BwE&gclsrc=aw.ds
- - quitting.html#:~:text=Health%20benefits%20of%20quitting%20smoking%20over %20time&text=After%20you%20smoke%20your%20last,changes%20that%20continue%20for%20years.&text=Heart%20rate%20drops.&text=Risk%20of%20heart%20attack%20drops%20sharply.&text=Added%20risk%20of%20coronary%20heart%20disease%20drops%20by%20half.
- 31. The Cancer Institute (2024). Facts on Vaping Harms. Every Vape is a Hit to Your Health. https://www.cancer.nsw.gov.au/prevention-and-screening/preventing-cancer/damaging-effects-of-vaping/vaping-harms-your-health
- Lung Foundation Australia (2023, December). The Environmental Impact from E-Cigarettes. https://lungfoundation.com.au/wp-content/uploads/2024/01/Vape_FactSheet.pdf
 Chean, K. Y., Goh, L. G., Liew, K. W., Tan, C. C., Choi, X. L., Tan, K. C., & Ooi, S. T.
- 33. Chean, K. Y., Goh, L. G., Liew, K. W., Tan, C. C., Choi, X. L., Tan, K. C., & Ooi, S. T. (2019). Barriers to smoking cessation: a qualitative study from the perspective of primary care in Malaysia. *BMJ open*, 9(7), e025491.
- 34. Cancer Institute (2022). *Ten Tips to Quit* Smoking.

 https://www.cancer.nsw.gov.au/prevention-and-screening/preventing-cancer/quit-smoking/ten-tips-to-quit-smoking
- 35. Commonwealth of Australia. Department of Health and Aged Care. (2023, December 23). Know Your Triggers. https://www.health.gov.au/topics/smoking-vaping-and-tobacco/how-to-quit/know-your-triggers
- 36. Chang, P. H., Chiang, C. H., Ho, W. C., Wu, P. Z., Tsai, J. S., & Guo, F. R. (2015). Combination therapy of varenicline with nicotine replacement therapy is better than varenicline alone: a systematic review and meta-analysis of randomized controlled trials. *BMC public health*, 15, 1-8.
- 37. Royal Australian College of General Practitioners (2021, September 29). Supporting Smoking Cessation: A Guide for Health Professionals. RACGP. https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgpguidelines/view-all-racgp-guidelines/supporting-smoking-cessation
- 38. NSW Health (2019, November 22). Quick Guide to Drug Interactions with smoking cessation. https://www.health.nsw.gov.au/tobacco/Pages/drug-smoking-cessation.aspx
- 39. Caponnetto, P., Campagna, D., Ahluwalia, J. S., Russell, C., Maglia, M., Riela, P. M., ... & Polosa, R. (2023). Varenicline and counseling for vaping cessation: a double-blind, randomized, parallel-group, placebo-controlled trial. *BMC medicine*, 21(1), 220
- 40. Hajek, P., Phillips-Waller, A., Przulj, D., Pesola, F., Myers Smith, K., Bisal, N., Li, J., Parrott, S., Sasieni, P., Dawkins, L., Ross, L., Goniewicz, M., Wu, Q. and McRobbie, H.J. (2020), 'A Randomised Trial of E-Cigarettes versus Nicotine Replacement Therapy', the New England Journal of Medicine https://www.nejm.org/doi/full/10.1056/NEJMoa1808779
- Coleman, S. R. M., Piper, M. E., Byron, M. J., & Bold, K. W. (2022). Dual Use of Combustible Cigarettes and E-cigarettes: a Narrative Review of Current Evidence. *Current addiction reports*, 9(4), 353–362. https://doi.org/10.1007/s40429-022-00448-1

42. Kopal-Stojak, P. N., & Pawliczak, R. (2024). Comparison of the effects of active and passive smoking of tobacco cigarettes, electronic nicotine delivery systems and tobacco heating products on the expression and secretion of oxidative stress and inflammatory response markers. A systematic review. *Inhalation Toxicology*, 36(2), 75-89.

Commented [PN1]: Just checking this is meant to be reference 42 @Melinda Choi?

Commented [MC2R1]: Yes, thanks, lost it's number in the transition