

Two products, one story: Mental health, dual nicotine use and vaping intention in young Australians

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Introduction: *E-cigarette use among young people increasingly occurs alongside continued cigarette smoking, yet the mental health context of dual use and intention to continue vaping are poorly understood. This study examined associations between mental health, wellbeing, nicotine use patterns, and intention to vape among young Australians.*

Method: *Data were drawn from the 2025 Sex, Drugs, and Rock 'n Roll cross-sectional online survey of 983 Victorian young people aged 15–29 years. We assessed current nicotine use (never, vape-only, smoke-only, dual use, past use), intention to vape in the next six months, mental health status (none, diagnosed, self-identified), and wellbeing using the transformed Warwick–Edinburgh Mental Wellbeing Scale (WEMWBS). Linear regression models examined predictors of wellbeing, and logistic regression models examined predictors of vaping intention, adjusting for gender and age group.*

Results: *Overall, 76.3% reported a diagnosed or self-identified mental health condition. Nicotine use patterns were: never (30.0%), vape-only (8.2%), smoke-only (10.6%), dual use (26.3%), and past use (24.9%). Diagnosed mental health conditions were more common among current nicotine users than never-users ($p < 0.001$). In adjusted models, mental health diagnosis was the only significant predictor of lower wellbeing ($p < 0.001$). Future vaping intention was highest among dual users (97.3%, $p < 0.001$). Compared with never-users, odds of intending to vape were highest for dual users ($OR = 448.6$), followed by vape-only, then smoke-only and past users. Mental health diagnosis and lower wellbeing independently increased intention, which was highest among 15–17-year-olds.*

Conclusions: *Mental health burden and reduced wellbeing are highly prevalent among young people who vape and smoke, and strongly linked to near-term vaping intention. Prevention and cessation efforts targeting youth vaping should prioritise addressing the mental health needs of young users.*

Implications on practice: *Youth-facing services should integrate vaping cessation with routine mental healthcare, using brief interventions addressing dual use and coping motives.*

Disclosure of Interest Statement:

The authors declare no conflicts of interest.