

## **A text-message programme to reduce adolescent susceptibility to e-cigarette use: Findings of a pilot randomised controlled trial**

### **Authors:**

Mantach S<sup>1-4</sup>, Turon H<sup>1-4</sup>, Janssen L<sup>1-4</sup>, McCrabb S<sup>1-4</sup>, Bialek C<sup>1-4</sup>, Bartlem K<sup>2-5</sup>, Groombridge D<sup>4</sup>, Wolfenden L<sup>1-4</sup>, Barnes C<sup>1-4</sup>

<sup>1</sup> School of Medicine and Public Health, University of Newcastle, Callaghan, New South Wales, Australia, <sup>2</sup> Population Health Research Program, Hunter Medical Research Institute, New Lambton Heights, New South Wales, Australia, <sup>3</sup> National Centre of Implementation Science, University of Newcastle, Callaghan, New South Wales, Australia, <sup>4</sup> Hunter New England Population Health, Hunter New England Local Health District, Wallsend, New South Wales, Australia, <sup>5</sup> School of Psychological Sciences, University of Newcastle, Callaghan, New South Wales, Australia

### **Background:**

Adolescent e-cigarette use is a growing public health concern. Leading health organisations have called for interventions to complement legislative action. Previous research shows parents influence adolescents' attitudes and behaviours toward e-cigarettes. This study evaluated a text-message intervention delivered to parents and adolescents on adolescent susceptibility to e-cigarette use. Secondary aims examined effects on adolescent e-cigarette and tobacco use and assessed intervention acceptability, feasibility, and fidelity.

### **Methods:**

A 2x2 factorial RCT was conducted with parent-adolescent dyads across Australia. Adolescents were eligible if aged 12-15 years, had exclusive use of a mobile phone, and sufficient English. Dyads (n=120) were randomised to one of four arms: (1) adolescent-only, (2) parent-only, (3) parent and adolescent, or (4) control.

Intervention participants received one text message per week for 12 weeks targeting modifiable factors associated with adolescent e-cigarette use (e.g., refusal skills). Parents in the control arm received an e-cigarette factsheet. The primary outcome (assessed 6 months after the first text message) was adolescent susceptibility to e-cigarette use; secondary outcomes included ever- and current-use of e-cigarettes and tobacco. Process measures (acceptability, feasibility, fidelity) were assessed at 6 months.

### **Results:**

Follow-up data collection and analysis are complete. Findings on adolescent susceptibility, secondary outcomes, and process measures will be presented.

### **Conclusion:**

This trial is one of the first to evaluate a parent- and adolescent-focused text-message intervention targeting the prevention of adolescent e-cigarette use. The intervention has potential as a scalable, low-resource strategy to reduce adolescent e-cigarette related risk.

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