

Engaging Young People in the Development of 'Pave' - a Vaping Cessation App

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Background:

Vaping has become increasingly prevalent among young people; however, 61% of young people who vape would like to quit. Currently, there are limited supports available to help young people quit vaping, with most of those available being primarily designed for, or adapted from, adult tobacco smoking cessation.

Approach:

To address this issue, the Cancer Institute NSW conducted formative research activities, including focus groups with young people, Kano analysis and a review of existing supports, which identified a smartphone app would be the most useful support, and the features of the app that would support young people in quitting vaping.

At the start of the app's design phase, two initiatives were established to engage young people in the design process: i) a youth advisory group of 17 young people who would provide ongoing input into key components through meetings with the project team, and ii) a panel of 50 young people who would provide feedback on specific elements of the app through research activities such as focus groups, online surveys and bulletin boards. In addition, one-on-one user testing was conducted with young people throughout the process to validate app design decisions.

Outcomes:

The first version of the vaping cessation support app 'Pave' was launched in February 2025. A second version is now being developed to optimise existing features and incorporate additional features such as goal-setting and interactive distractions to support cravings.

Innovation and Significance:

This initiative is significant because it provides young people with support to quit vaping through a resource that has been specifically designed for and with them. By engaging young people throughout the development process, the app has been designed in a way that reflects an understanding of the challenges experienced in quitting vaping.

Disclosure of Interest Statement:

The Cancer Institute NSW has received funding support from the Commonwealth Government of Australia for this work.