

A cluster randomised controlled trial of a school-based eHealth intervention to prevent e-cigarette use: Results from the *OurFutures Vaping* trial

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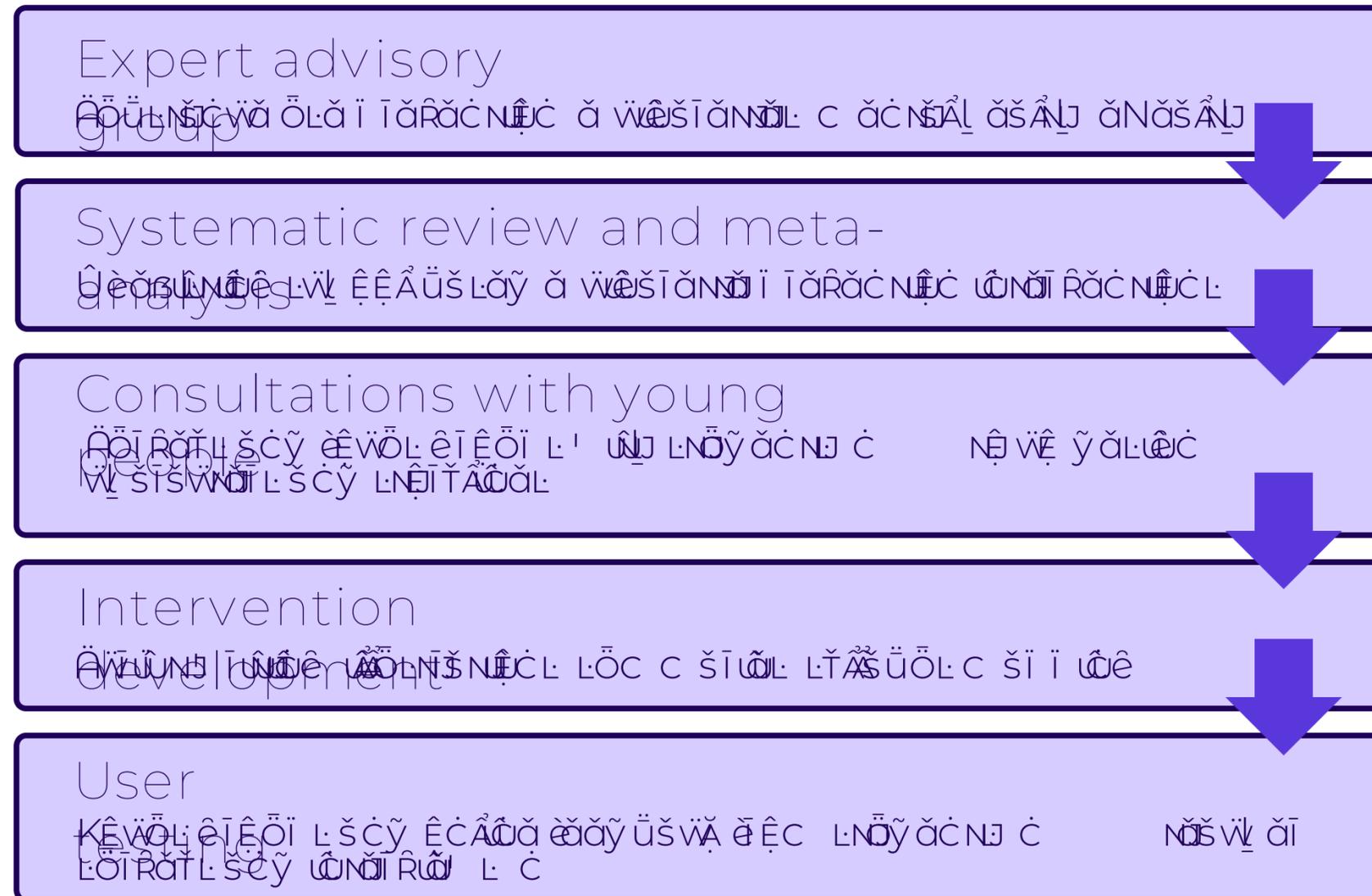


Background

- *Effective and scalable prevention approaches are urgently needed*
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Developing the OurFutures Vaping Program



[Read the full paper here](#)



OUR Futures

VAPING PREVENTION

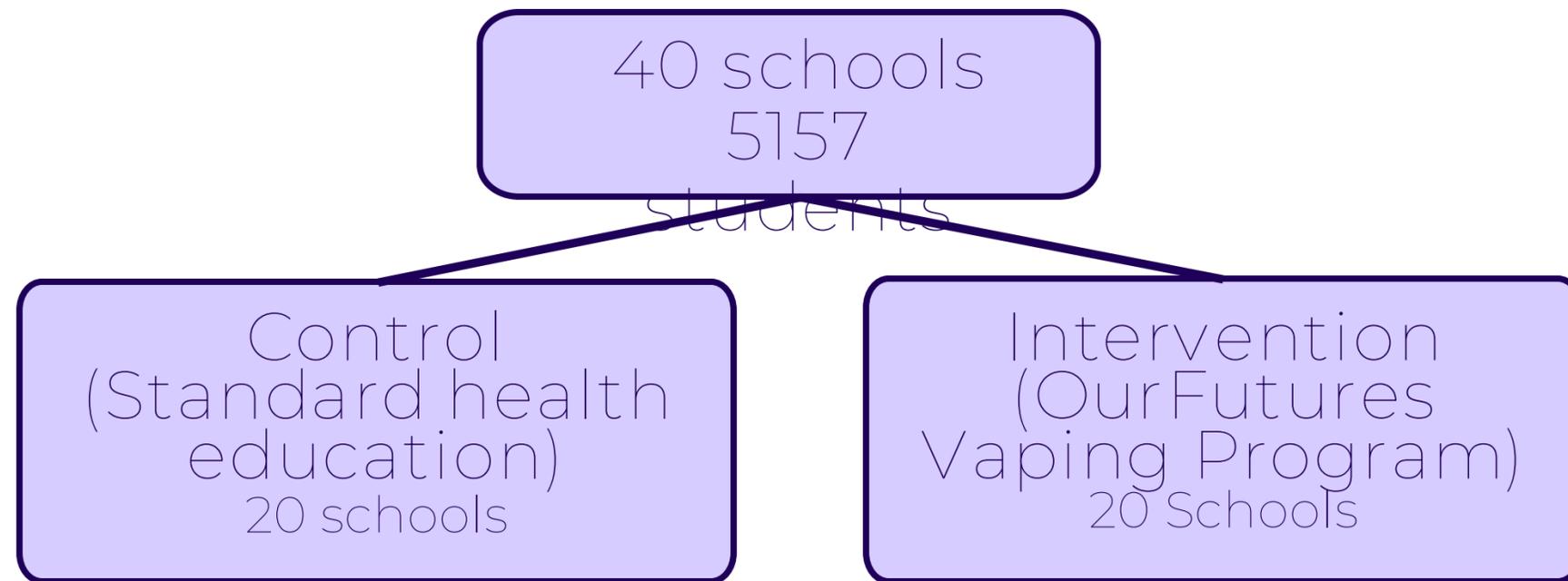
4 x 40 minute lessons delivered during Year 7 and 8 health education including:

- ✓ C ƯỚNG Ệ CẢ CỬA VỆ NỆ C.
- ✓ C ƯỚNG S V N P N D.
- ✓ K S V N E L ă N E J
- ✓ D ấ S V ấ ấ T ấ L Ệ O ấ V ấ L.



The OurFutures Vaping Trial

40 schools
5157 students



[Read the full paper here](#)

Assessment timeline

**Primary
time point**

	Baseline	OurFutures Vaping Program	Post-intervention follow up	6-month follow up	12-month follow up	24-month follow up	36-month follow up
Time	Term 2/3 2023	Term 2/3 2023	Term 2/3 2023	Term 4 2023	Term 2/3 2024	Term 2/3 2025	Term 2/3 2026
Age	12-14 years	12-14 years	12-14 years	12-14 years	13-15 years	14-16 years	15-17 years
Grade	Year 7/8	Year 7/8	Year 7/8	Year 7/8	Year 8/9	Year 9/10	Year 10/11

Results: Primary Outcome

N= 5157 students, M age = 13.3 years, 46% Female

Outcome	Time point	OR	95% CI	p-value
Past 12-month e-cigarette use	Post-intervention	.70	.37, 1.35	.286
	6-month	.48	.24, .95	.035
	12-month (primary outcome)	.35	.18, .66	.0013



65% less likely to report past 12-month e-cigarette use 1 year after receiving the intervention



Read the full paper here

Results: Secondary Outcomes

Outcome	Time point	OR	95% CI	p-value
Current e-cigarette use (past 30-day)	Post-intervention	.40	.14, 1.14	.087
	6-month	.32	.11, .94	.039
	12-month	.40	.15, 1.07	.068
Outcome	Time point	OR	95% CI	p-value
Knowledge	Post-intervention	3.6	3.4, 3.9	<.0001
	6-month	3.1	2.8, 3.3	<.0001
	12-month	2.1	1.9, 2.3	<.0001

✓ **Effectiveness:** The intervention significantly reduced current e-cigarette use (past 30-day) at 6-month (OR .32, 95% CI .11, .94, p=.039) and 12-month (OR .40, 95% CI .15, 1.07, p=.068) follow-up compared to the control group.

✓ **Knowledge:** The intervention significantly increased knowledge about e-cigarettes at 6-month (OR 3.1, 95% CI 2.8, 3.3, p<.0001) and 12-month (OR 2.1, 95% CI 1.9, 2.3, p<.0001) follow-up compared to the control group.



[Read the full paper here](#)

Results: Student feedback (n=1523)

85%

of students
rated the
program good
or very good

80%

of students
liked learning
via the online
cartoons

81%

of students felt
the skills and
information they
learned would help
them in
the future

“The cartoons help you engage with the story and it is easier to remember and answer questions. It is interesting and I focus more when I read through the cartoons.” - Male Student



Results: Teachers feedback



89%

rated the program as either good or very good

89%

of teachers found it easy to implement

87%

of teachers said students recalled the content well

92%

of teachers rated the educational quality of the activities highly

Strengths & Limitations

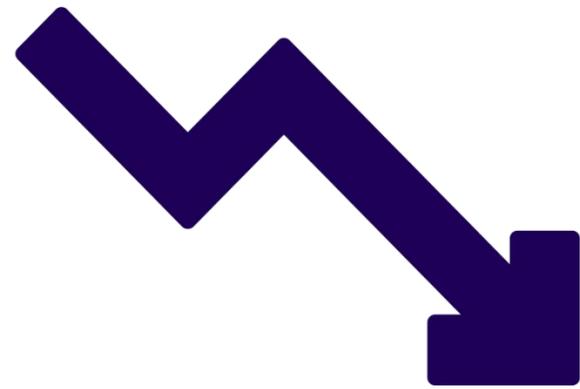
- **Built on the innovative, effective and scalable OurFutures prevention model**
- **Large sample spanning >5,000 students across 3 Australian states**

- **Relies on self-report measures**
- **Limited to independent and catholic schools only***

**Replication trial in NSW public schools currently underway*



**Australia's first - and currently
only - Vaping Prevention
Program that is proven to
reduce students' likelihood of
vaping**



***Reached >800 schools
& >180,000 students
to date***



Thank you

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