

Protocol of a Randomised Controlled Trial of a School-Based eHealth Intervention to Prevent E-cigarette Use Among Adolescents: The OurFutures Vaping Program

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BACKGROUND

- E-cigarette use ('vaping') and related harms have rapidly increased in recent years, with 1 in 4 (26%) 14–17-year-olds now having tried vaping. ([Gardner 2023, Med J Aus](#))
- Effective and scalable prevention approaches are urgently needed, and school is an ideal setting for delivery.
- The **OurFutures Prevention Model** adopts a **harm minimisation** and **comprehensive social influence approach** to school-based drug prevention.
- The model has **demonstrated effectiveness in preventing substance use and harms** in 8 RCTs (>21,000 students), with lasting effects into adulthood. (Newton 2009, 2010, 2022)
- Capitalising on this model, we developed:



4 x 40 min curriculum-aligned lessons delivered in Year 7/8 health education, including:

20 min online cartoon

20 min activities

Fact sheets

Teacher resources



AIMS

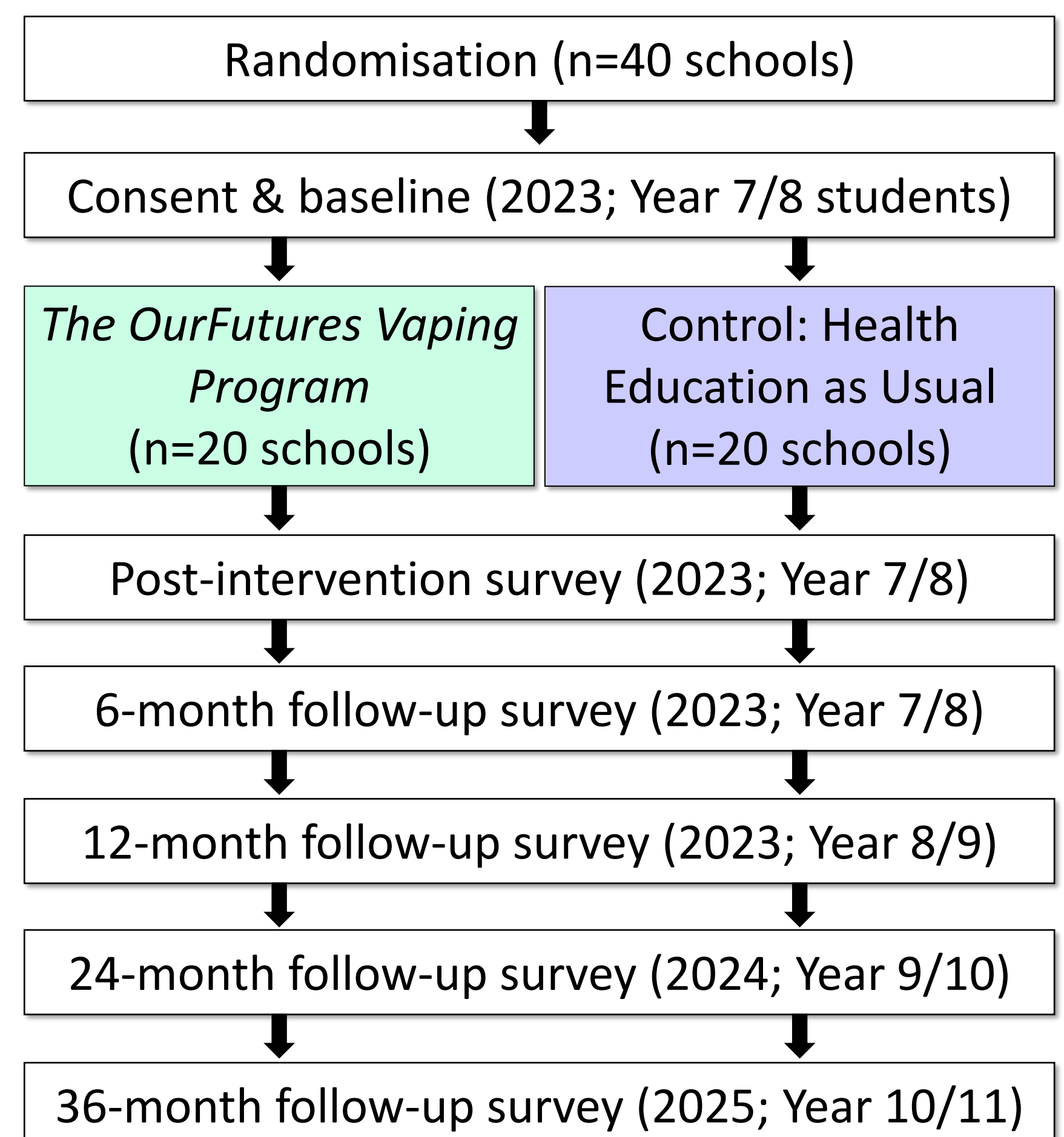
To conduct a cluster RCT to evaluate the efficacy and cost-effectiveness of *The OurFutures Vaping Program*

HYPOTHESES

Compared to health education as usual (active control):

- Students who receive the *OurFutures Vaping Program* will be less likely to commence e-cigarette use at the 12-month follow-up (primary outcome).
- The *OurFutures Vaping Program* will achieve superior outcomes on secondary outcomes (e.g., tobacco smoking, knowledge, intentions, attitudes, self-efficacy to resist peer pressure, mental health).
- Benefits will be sustained over the long-term (36mths)
- The *OurFutures Vaping Program* will demonstrate cost-effectiveness (up to 36mths).

METHODS



ANZCTR: 2623000022662; registered 10/01/2023

RESULTS

- Baseline data collection conducted May – Sep 2023
Unpublished preliminary data, please do not share



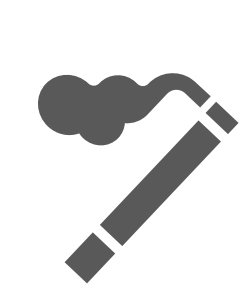
N = 5185
M_{age} = 13.3yrs
47% Female



NSW = 30%
QLD = 43%
WA = 27%



Ever = 8.4%
Past 12 months = 5.9%
Regular vapers = .6%



Ever = 2.6%
Past 12 months = 1.1%
Regular smokers = .1%

DISCUSSION

- This is the *first* trial of a school-based eHealth intervention to prevent the uptake, and reduce the use, of e-cigarettes and tobacco cigarettes in Australia.
- If effective the intervention will be **immediately disseminated** via the *OurFutures* platform (<https://ourfuturesinstitute.org.au/>), which has reached >1,400 schools (>38,000 students and >3,000 teachers).

MORE INFO



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<https://ourfuturesvaping.org.au/>



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