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### Development and Evaluation of An Educational Video For High School Students On Vaping And Other Nicotine Products

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## Background

Electronic nicotine delivery systems (ENDS), especially vaping, have had an increase in use and media exposure.

- ❖ 3.6 million US adolescents reported e-cigarette use in 2020 (CDC, 2020).

- ❖ Nearly 2,807 associated lung injuries related to ENDS, and 68 confirmed deaths (CDC, 2020).

- ❖ Vapers are 5 to 7 times more likely to test positive for COVID-19

- ❖ Many users are unaware of the effects and ingredients of ENDS

Participants in our prior study (6 focus groups, N=45) suggested an educational module that included hands on activity and a video intervention.

## Purpose

To develop and evaluate the implementation of a vaping survey and educational video in a HS classroom and further explore the knowledge, attitudes and behaviors of HS students regarding nicotine products.

### Procedure: Video Development- Phase 1a

**Setting:** College Campus

- ❖ Recruited 6 college students to share their experiences and attitudes regarding ENDS
- ❖ Composed 7 questions for interviews (with room for further discussion)
- ❖ Worked with a videographer to conduct and record interviews
- ❖ Analyzed raw footage of video interviews and formulated common themes
- ❖ Finalized a dramatic, informative, and first-hand intervention video for HS

### Survey Development- Phase 1b

- ❖ Modified pre-existing survey questions regarding tobacco attitudes and beliefs (TABS)
- ❖ Reformatted survey to an online platform (Qualtrics)

### Procedure: Feasibility- Phase 2a

**Setting:** Rural HS on Zoom

- ❖ Conducted focus group of HS students (n=5) via Zoom.
- ❖ Distributed TABS survey before watching the video
- ❖ Showed intervention video via screen share
- ❖ Held open discussion forum to elicit feedback regarding survey/video

### Feasibility- Phase 2b

- ❖ Held meeting with high school health teacher via Zoom
- ❖ Conducted open discussion about the teacher's knowledge and accessibility to information on ENDS
- ❖ Elicited feedback regarding video and its fit into the school's curriculum



## References

Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products. (2020, February 25). Retrieved from [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)

## Results

### Students: Survey

- ❖ Easy to complete (8 mins)
- ❖ Appropriate for age and level of education
- ❖ Ingredients in ENDS need to be explained

### Students: Video

- ❖ Length (5:15 min.) appropriate
- ❖ Dramatic relief achieved
- ❖ Long term effects of ENDS should be addressed
- ❖ College students in video relatable

### Teacher Feedback

- ❖ Video clear and effective
- ❖ Video should be used as an introduction to further education

### COVID-19 impact

- ❖ School could not accommodate
- ❖ Used alternative school site
- ❖ Harder to engage students on zoom
- ❖ Reduced researchers' travel time

## Conclusion

To reduce the population of adolescent ENDS users, interventions need to be implemented in the classroom. Study of the effectiveness of this educational module with a pre/post survey is currently in progress in a local high school.