## Abstract

**Title: Assessment of Knowledge of Use of Electronic Cigarettes and Its Harmful Effects Amongst Young Adults.**



**Vidushi Gupta[1], Madhu Sharma[1]**

[1]Student, III[RD] year Bachelor of Dental Sciences, Manipal College of Dental Sciences, Mangalore, Manipal Academy of Higher, Karnataka, India



**Background:** E-cigarette smoking is becoming a fast growing trend amongst the young adults today. The practice of young adults smoking E-cigarettes may have been adopted as a way of smoking cessation or just to follow a trend. However, most people still remain unaware of the detrimental effects of smoking E-cigarettes. The present study was carried out to assess the prevalence of the habit of smoking E-cigarettes and the awareness of harmful effects of the same amongst adults aged 18-23 years.

**Methods:** A questionnaire adopted and modified for using Google forms from Farsalinos KE et al. (2014) was used in the study. Participants were requested to fill the survey irrespective of their smoking status after taking consent.

**Results:** The cohort had 710 samples from 6 countries, with the mean age of 20.65±1.701 years. There were 412 females and 298 males in the study. Most of the respondents were from India, the second most common participants were from USA followed by UK. The most common mode of information on existence of E-cigarettes to the participants was from family members, friends followed by the internet search engines and TV/ newspaper advertisements. E-Cigarettes had a prevalence of 5.63% among the cohort (40/710). Among these, 26 participants have been using E-cigarettes for less than 1 year and 2 participants for more than 5 years. E-cigarette smokers also experienced sore throat, cough, headache, dizziness and sleeplessness. Less than half of the young adults were unaware of the amount of nicotine in the E-liquid.

**Conclusion:** Majority of the young population was unaware about the use and harmful effects of E-cigarette. Attempts should be made to spread awareness using media campaigns, educational videos and online surveys.



**Keywords:** Electronic cigarettes, smoking, harmful effects, young adults

# BIOGRAPHY



**Vidushi Gupta**

**E-mail : guptavidushi28@gmail.com**

**Ph- +91 7022802028**

Vidushi Gupta is a student of Year III, Bachelors of Dental Sciences in Manipal College of Dental Sciences, Manipal Academy of Higher Education, Mangalore, Karnataka, India.



**Madhu Sharma**

**E-mail : ms7070433@gmail.com**

**Ph- +91 7338504983**

Madhu Sharma is a student of Year III, Bachelors of Dental Sciences in Manipal College of Dental Sciences, Manipal Academy of Higher Education, Mangalore, Karnataka, India.

# INSTITUTIONAL ETHICS COMMITTEE

MANIPAL COLLEGE OF DENTAL SCIENCES

(A Constituent College of Manipal University)

MANGALURU - 575 001. KARNATAKA - INDIA. Ph. : 0824-2428716, 2422271

Date: 11th December, 2017

**To,**
**Ms Vidushi Gupta,**
**III BDS Student,**
**MCODS,**
**Mangalore**

**Ref: Protocol Ref No: 17129. Protocol entitled: "Assessment of knowledge of use of electronic cigarettes and its harmful effects amongst the young adults"**
**Sub: Institutional Ethics Committee Approval for the conduct of the study.**

Dear Ms Vidushi Gupta,

We have received from you the following study related documents dated 20th November, 2017

a. Protocol final version dated 20th October, 2017 *
b. Investigators Brochure (Review of literature)
c. Informed consent form - In English
d. Questionnaire
e. Permission (through mail) obtained from Konstantinos Farsalinos to use the questionnaire in the present study, mail dated 16th May, 2017
f. Protocol revision dated 30th October, 2017 (at SC Meet- 26th October, 2017)
g. Reconsidered title of the study
h. Protocol revision dated 10th November, 2017 (at IEC Meet- 10th November, 2017)

At the Institutional Ethics Committee meeting held on 8th December, 2017 at 2.30 PM at Board Room, MCODS, LHH Road, Mangalore, the above mentioned documents were examined and discussed. After consideration, the committee has decided to **APPROVE** the aforementioned study related documents in their presented form. Also IEC has ***No objection for the conference presentation/ publication***.

The members who attended the meeting at which your proposal was discussed are:

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|---|---|
| 1. Dr. Rajendra Holla | Chairperson |
| 2. Dr. Satish Rao | Co-Chairperson |
| 3. Dr. Mohan Baliga | Member & SC Chairperson (IEC Sub-committee) |
| 4. Dr. Ravikiran Ongole | Member |
| 5. Dr. Siddharth Shetty | Member |
| 6. Ms Matildo Pinto | Member |
| 7. Mrs Radha Bhat | Member |
| 8. Mr Santhosh Prabhu | Member |
| 9. Sr Dr Jeswina | Member |
| 10. Dr Swati | Member |
| 11. Dr. Prashanthi S Madhyastha | Member Secretary |

The members who could not attend the meet due to unavoidable circumstances are:

| | |
|---|---|
| 1. Dr. Ashita S Uppoor | Member |
| 2. Dr. Ashok Shenoy | Member |
| 3. Dr B Unnikrishnan | Member |

It is to be noted that neither you nor any of your proposed study team members was present during the decision-making procedures of the Institutional Ethics Committee.

**You are required to submit a report to the IEC at the completion of the project.**

Yours sincerely,

**Dr Rajendra Holla,**
***Chairperson,***
Institutional Ethical Committee
MCODS, MANGALORE