

BACKGROUND

- Electronic nicotine delivery systems have recently been a growing problem amongst college students (18-24 years old), making up a significant portion of 7.6%.¹
- Approximately 1/3 of college students demonstrate symptoms of mental health.²
- People with mental health conditions have shown to have a higher rate of e-cigarette usage (14.8%) than those without any mental health conditions (6.6%).³

OBJECTIVE

- To determine whether personal stress during COVID-19 pandemic is associated with electronic cigarettes usage among UC San Diego students.

METHODS

- 04/21 - 05/21: Conducted an anonymous cross-sectional online survey (n=79)
- Examined demographic, perception on how personal stress, school-related stress, anxiety, and social isolation has affected the use of e-cigarettes before and during the COVID-19.
- Descriptive statistics and Pearson Correlation were used to analyze the responses in IBM SPSS Software (version 26).⁴

RESULTS

- Four factors have increased students' cravings and usages of e-cigarette:
 - Personal stress: 13.2%, p=0.337
 - School-related stress: 15.8%, p=0.014**
 - Social isolation: 7.9%, p=0.076
 - Anxiety: 9.2%, p=0.159



FIGURES & FINDINGS

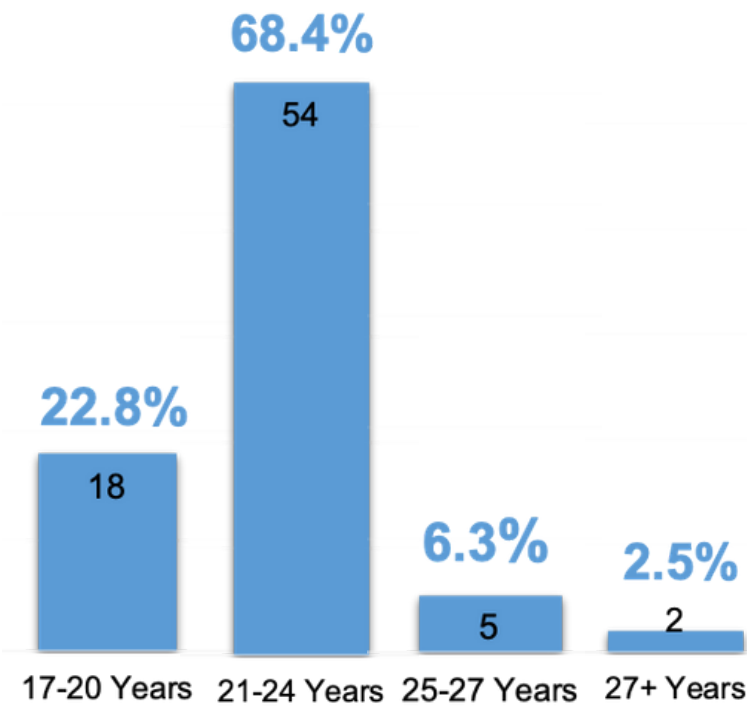
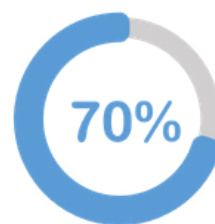
70%
female



50%
4th-year
students

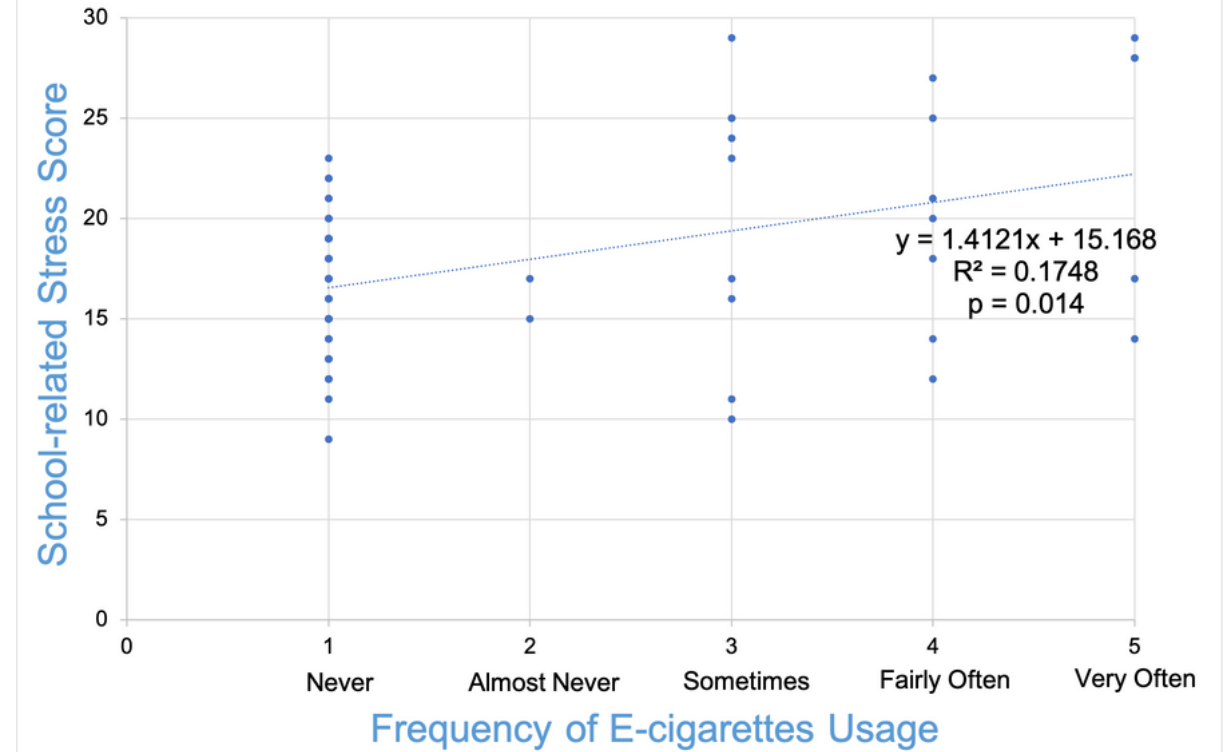


Mostly
identified
as Asian



Mostly Young Adults

Correlation Between School-related Stress and The Frequency of E-cigarettes Usage Among UCSD Students



Higher school-related stress level is associated with higher frequency of electronic cigarettes usage.

CONCLUSION



- Exposure to school-related stress was associated with the increase in e-cigarette usage.
- The survey highlights the importance of mental health given the stress that most UCSD college students endured.

IMPLICATIONS

- Focus on education as a tool to decrease the prevalence of e-cigarettes usage among college students.
- Offer more practical resources for students, such as guided meditation, yoga, and therapy dogs.
- Develop a UC San Diego training for faculty to take regarding student's mental health and well-being.



REFERENCES

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