

UWP 101 Progress Report 1

To	Bill Sewell
From	AL
Date	4/26/24
Research Topic	The effects of adolescent e-cigarette/vape usage

Fill out the following to the best of your ability. Replace the text in the right-hand column with your text. As you enter text, the cells will expand to accommodate your text. Keep the table formatting. For this week, you are required to summarize only one article.

Activity	Explanation: Details
Work done the past week	I haven't really begun writing yet. At this point, I am more focused on finding what research is out there and figuring out what I find interesting and want to include. I have been looking into what negative aspects of e-cigarettes I want to include in my paper and narrowing down on ideas. This past week, I have been reading about the correlation between using e-cigarettes and their progression to regular combustible cigarette usage. I have also briefly begun reading an article about the physical and mental health effects related to vaping. I also found other articles with findings that I am intrigued by but have not begun analyzing those yet.
What problems have you encountered	A challenge I have encountered is that I am unable to locate a lot of original research. I have instead come across many reviews and meta-analyses rather than original investigations. While reviews and analyses are great resources, it would also be nice to include original research as well when writing my paper.
What have you done to address those problems.	I looked at the references of the reviews and analyses I came across to see which original research they cited in their papers. I also looked at the "related articles" section available on most journal websites. This has led me to a few older research articles, but I am trying to find more current ones by filtering my searches on google scholar, as well as various publication websites.
Optional	Most studies related to the adverse physiological effects of e-cigarettes/vaping were performed on adult populations, so I will probably use an article focusing on adults rather than adolescents for this purpose.
Research Topic	The effects of adolescent e-cigarette/vape usage
First Article Information	
Article Genre or research type	Original Investigation
Bibliographic entry of first article	Berry, K.M., Fetterman, J.L., Benjamin, E.J., et al. (2019). Association of Electronic Cigarette Use With Subsequent Initiation of Tobacco Cigarettes in US Youths. <i>JAMA Network Open</i> , 2(2). https://doi.org/10.1001/jamanetworkopen.2018.7794

Discuss the first article.	<p>The researchers in this observational study were trying to determine if using e-cigarettes would increase the probability of future combustible cigarette use compared to someone without previous exposure to e-cigarettes and other nicotine products. Through three waves of surveys carried out over the course of two years amongst 6123 youths aged 12-15, they found that there was in fact a 4x higher likelihood of youths with prior e-cigarette use compared to youths with no prior tobacco use of ever smoking combustible cigarettes. This implies that e-cigarettes are essentially a pathway or gateway to eventual cigarette use. The authors discuss how it is necessary for there to be stricter regulation of youths' access to e-cigarettes, as well a reduction of advertisements designed to target children with their interesting flavors and colorful packaging. It was also determined that prior e-cigarette use and subsequent cigarette use was stronger among those deemed as low-risk youths. This suggests that propensity for risk is unlikely to be the sole factor for the association between e-cigarettes and cigarette initiation among youths. This article has helped answer my questions about whether individuals that use e-cigarettes would eventually progress to regular cigarette usage, and led to new ideas I would like to follow up on.</p>
Immediate Research Plan	
What is next?	<p>Next, I plan to research more into what the physiological effects of vaping are, such as what illnesses or diseases it can cause as well as adverse effects to mental health. In addition, this first article has led me to more questions about what drives youths to want to try a nicotine product. Particularly the researchers' finding that children deemed "low risk" were more likely to eventually use cigarettes compared to "high risk" children. I am interested in discovering more about the various factors that play into e-cigarette and cigarette usage. The influence of cigarette advertisements on children is also an interesting topic, but I think that might come later and for now I will still more with first determining the pathophysiology of vaping.</p>