

New study shows addictive potency of e-cigs far less than cigarettes; less than nicotine gum!

By Gil Ross — January 28, 2015



A study based on cross-sectional and internet surveys of

vapers (e-cig users, including those using nicotine-containing and non-nicotine e-cigs), ex-smokers now vaping, and ex-smokers now using nicotine gum (but no e-cigs) was conducted to assess nicotine dependence using a well-regarded dependence measure, the Fagerstrom test. A separate comparison involved dual-users smokers who also vaped compared with smokers who did not vape.

The study was conducted by tobacco and nicotine experts Dr. Jean-Francois Etter of the Institute of Global Health, Faculty of Medicine, University of Geneva, Geneva, Switzerland; and Dr. Thomas Eissenberg of the Center for the Study of Tobacco Products, Dept. of Psychology, Virginia Commonwealth University, Richmond, VA. (Dr. Etter's book on [E-cigarettes](#) [1] is widely regarded as a classic in this new field, and Dr. Eissenberg recently sat on the FDA's Tobacco Products Scientific Advisory Committee). It was published in the journal [Drug and Alcohol Dependence](#) [2].

The results showed that some e-cigarette users were dependent on nicotine-containing e-cigarettes, but these products were less addictive than tobacco cigarettes. E-cigarettes may be as or less addictive than nicotine gums, which themselves are not very addictive.

And in our ongoing (permanent?) campaign against agenda-driven, hypocritical or fraudulent health studies, we refer once more, hopefully for the last time, to last week's NEJM report entitled *Hidden formaldehyde in e-cigarette vapor*. Although we discussed the lack of relevance to real-world e-vapor [last week](#) [3], subsequent discussions commenting upon that ludicrous study and its authors cynical exaggeration of its implications even made it into the mainstream media, with no less than the NYTimes columnist [Joe Nocera](#) [4] and FoxNews [Greg Gutfeld](#) [5] taking on the widespread, destructive misinformation so gleefully disseminated in [hundreds of other](#) [6] news stories. (Gutfeld's Fox video is especially important, as he also transmits important pro-public health information in addition to destroying the formaldehyde story).

Source URL: <https://www.acsh.org/news/2015/01/28/new-study-shows-addictive-potency-e-cigs-far-less-cigarettes-less-nicotine-gum>

Links

- [1] http://www.amazon.com/Electronic-Cigarette-Alternative-Tobacco/dp/1481061887/ref=sr_1_1?ie=UTF8&qid=1422463389&sr=8-1&keywords=jean-francois+etter&pebp=1422463397646&peasin=1481061887
- [2] <http://www.ncbi.nlm.nih.gov/pubmed/25561385>
- [3] <http://acsh.org/2015/01/poorly-done-e-cig-vapor-study-gets-big-headlines-means-nothing/>
- [4] http://www.nytimes.com/2015/01/27/opinion/joe-nocera-is-vaping-worse-than-smoking.html?_r=0
- [5] <http://video.foxnews.com/v/4007895304001/gutfeld-new-e-cig-study-goes-up-in-smoke/?#sp=show-clips>
- [6] http://www.washingtonpost.com/national/health-science/lab-tests-imply-formaldehyde-risk-in-some-e-cigarette-vapor/2015/01/26/6f36fd9a-a266-11e4-b146-577832eafcb4_story.html