

Table 1: Descriptive statistics of vaping measures by time to first vape status (low vs. high dependence) in the “Stop Vaping Challenge” application (N = 360 participants; 468 quit attempts; study period 2021–2025)

Variable	Low dependence (time to first vape >5 mins) (n=208)	High dependence (time to first vape ≤ 5 mins) (n=260)	P-value
Frequency of vaping in past month (days), mean (SD)	26.12 (7.67)	27.70 (6.17)	0.014*
Past month spending on vaping (Dollars), mean (SD)	51.73 (40.94)	68.20 (50.52)	<0.001**
Average e-liquid vaped per week (ml), mean (SD)	15.21 (14.43)	19.33 (14.83)	0.003*
Pod depletion time (days), mean (SD)	5.33 (4.25)	4.29 (4.30)	0.009*
Number of puffs taken during vaping			0.520
<5 puffs	49 (23.56)	50 (19.23)	
5–9 puffs	66 (31.73)	86 (33.08)	
>9 puffs	93 (44.71)	124 (47.69)	

Significance: *p-value <0.05, **p-value <0.001

Table 2. Socio-demographic factor^a adjusted cox regression results for five vaping measures predicting relapse in the “Stop Vaping Challenge” application (complete-case data)

Predictor Variable	HR (95% CI)	P-value
Frequency of vaping in past month	1.03 (1.00, 1.06)	0.02*
Number of puffs taken during vaping (Reference <5 puffs)		
5-9 puffs,	1.56 (1.10, 2.22)	0.01*
>9 puffs	1.50 (1.09, 2.06)	0.01*
Past month spending on vaping	1.00 (1.00, 1.00)	0.83
Average e-liquid vaped per week	1.00 (0.99, 1.01)	0.99
Pod depletion time (days)	0.95 (0.91, 0.99)	0.01*

Significance: *p-value <0.05, **p-value <0.001

^a Socio-demographic factors included age, gender, sexual orientation, race, and country.

Table 3: Socio-demographic adjusted cox regression results for vaping measures among disposable/rechargeable device users of “Stop Vaping Challenge” application (n=55)

Main Predictor	HR (95% CI)	p-value
Pod depletion time (days)	1.09 (0.90 – 1.33)	0.35
Frequency of vaping in past month	1.02 (0.96 – 1.09)	0.52
Number of puffs taken during vaping (Reference <5 puffs)		
5-9 puffs,	1.27 (0.34 – 4.73)	0.72
>9 puffs	1.81 (0.60 – 5.47)	0.29
Past month spending on vaping	1.00 (0.98 – 1.01)	0.97
Average e-liquid vaped per week	0.99 (0.94 – 1.05)	0.83

Significance: *p-value <0.05, **p-value <0.001

Table 4: Socio-demographic adjusted cox regression results for vaping measures among refillable device users of “Stop Vaping Challenge” application (n=89)

Main Predictor	HR (95% CI)	p-value
Pod depletion time (days)	0.96 (0.81 – 1.15)	0.67
Frequency of vaping in past month	1.10 (0.92 – 1.30)	0.28
Number of puffs taken during vaping (Reference <5 puffs)		
5-9 puffs,	1.55 (0.33 – 7.27)	0.57
>9 puffs	1.68 (0.29 – 9.61)	0.56
Past month spending on vaping	1.00 (0.98 – 1.02)	0.95
Average e-liquid vaped per week	0.98 (0.98 – 1.02)	0.79

Significance: *p-value <0.05, **p-value <0.001

Table 5: Socio-demographic adjusted cox regression results for vaping measures among pod-based device users of “Stop Vaping Challenge” application (n=317)

Main Predictor	HR (95% CI)	p-value
Pod depletion time (days)	0.97 (0.93 – 1.01)	0.15
Frequency of vaping in past month	1.01 (0.99 – 1.04)	0.25
Number of puffs taken during vaping (Reference <5 puffs)		
5-9 puffs,	1.16 (0.78 – 1.73)	0.47
>9 puffs	1.23 (0.84 – 1.80)	0.28
Past month spending on vaping	1.00 (1.00 – 1.00)	0.93
Average e-liquid vaped per week	1.00 (0.98 – 1.01)	0.53

Significance: *p-value <0.05, **p-value <0.001

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