

# Vaping and Tobacco Control Bulletin

**Outputs from key organisations and new evidence  
relating to e-cigarettes/vaping and tobacco control**

December 2025



Translations



Easy read



BSL



Audio



Large print



Braille

Translations and other formats are available on request at:

@ [p hs.otherformats@p hs.scot](mailto:p hs.otherformats@p hs.scot)

📞 0131 314 5300

Public Health Scotland is Scotland's national agency for improving and protecting the health and wellbeing of Scotland's people.

© Public Health Scotland

**OGL**

This publication is licensed for re-use under the [Open Government Licence v3.0](#).

For more information, visit  
[www.publichealthscotland.scot/ogl](http://www.publichealthscotland.scot/ogl)

[www.publichealthscotland.scot](http://www.publichealthscotland.scot)

## Contents

Highlights	3
Recent journal articles (from Medline)	3
Recent reports and news (grey literature)	9
Disclaimer	10
Contact	10

## Highlights

A selection of publications of particular interest from the last month.

- Correia Borges L, McNamara C, Crosbie E. **Unpacking resistance and support: a global systematic review of barriers and facilitators to tobacco standardised packaging**. Tob Control 2025.
- The Scottish Government. **Tobacco and vaping framework implementation plan 2023-2025: progress update**. The Scottish Government, 2025.
- Gupta R, Singh PK, Rout S, Mariano LC, Yadav CP, Singh S. **Are electronic cigarettes associated with the risk of myocardial infarction and stroke? a systematic review and meta-analysis**. BMC Public Health 2025.
- Mohapatra S, Tiwari A, Kandala A, Winayak R, Ghose A, Das R, et al. **The risk of lung cancer from vaping or e-cigarette usage: a systematic review**. ESMO Open 2025;10:105910.
- Public Health Scotland. **NHS stop smoking services - Local Delivery Plan standard, 2025/26 (quarter 1) - NHS stop smoking services quarterly**. Public Health Scotland, 2025.

## Recent journal articles (from Medline)

A selection of publications from the last month relating to areas of interest relating to vaping and tobacco control. Search criteria are available upon request from Knowledge Services and will be reviewed regularly to consider appropriateness and/or new areas of interest.

The searches are undertaken by PHS Knowledge Services. If you need any help with obtaining the full text of any of the articles, please contact [phs.knowledge@phs.scot](mailto:phs.knowledge@phs.scot)

## **Tobacco Use and Control**

- Alexandrou G, Moodie C. **Latest developments in the nicotine pouch market in Scotland**. Tob Control 2025.
- Canty R, Gartner CE, Hoek J, Hefler M. **Global policy scan of commercial combustible tobacco product retailing regulations by WHO region**. Tob Control 2024.
- Chakraborty R, Zhang S, Berg C, Li Y, Wang Y, Bernat D, **Consumer characteristics, tobacco control policies, and disparities in discontinued cigarette purchases: evidence from U.S. households (2010-2021)**. Substance Use & Addiction Journal 2025:29767342251394840.
- Chen H-Y, Zhuang Y, Jebai R, Beaudoin C, Ranker LR, Fetterman JL, et al. **Systematic review of eye-tracking experiments evaluating tobacco health warning labels**. Tob Control 2025.
- Devaux M, Dorfmüller Ciampi M, Guignard R, Lerouge A, Aldea A, Nguyen-Thanh V, et al. **Economic evaluation of the recent French tobacco control policy: a model-based approach**. Tob Control 2025;34:746–52.
- Fairman RT, Cho YJ, Popova L, Cummings KM, Smith TT, Fong GT, et al. **Support for nicotine reduction in cigarettes: findings from the 2016 and 2020 ITC Four Country Smoking and Vaping Surveys**. Tob Control 2025;34:e130–4.
- Gallopel-Morvan K, Gnonlonfin E, Raude J, Hoek J, Sirven N. **Breaking new ground in tobacco control: student reactions to France’s first smoke-free campus**. BMC Public Health 2025.
- Golden SD, Kuo T-M, Combs T, Kong AY, Ribisl KM, Baggett CD. **Supply and demand effects between tobacco retailer density and smoking prevalence**. Tob Control 2025;34:753–8.

- Heshmati J, Bates EL, Shahen S, Visintini S, Quirouette E, Mullen K-A, et al. **Nicotine pouch pharmacokinetics compared to smoked tobacco: a systematic review and meta-analysis**. Drug and Alcohol Dependence Reports 2025;17:100389.
- Jackson SE, Shahab L, Buss V, Tattan-Birch H, Cox S, Taylor E, et al. **The changing face of nicotine use in England: age-specific annual trends, 2014 to 2024**. Addiction 2025.
- Le Grande M, Borland R, Gravely S, Cummings M, McNeill A, Yong HH, et al. **Support for banning sale of smoked tobacco products among adults who smoke: findings from the International Tobacco Control Four Country Smoking and Vaping Surveys (2018-2022)**. Tob Control 2025;34:e64–72.
- Lin T, Keller-Hamilton B, Roberts ME. **Shaping youth tobacco use: tobacco 21 policy messaging to increase policy support and reduce intentions to use**. Subst Use Misuse 2025:1–9.
- Lund I, Sæbø G. **Smoking and snus use among youth: a longitudinal analysis of risk factors and socioeconomic profile**. Scand J Public Health 2025;53:820–6.
- Malone RE, McAfee T. **Birthdate-based commercial tobacco sales restrictions: will “tobacco-free generation” policies advance or delay the endgame?** Tob Control 2025;34:e123–9.
- Ollila H, Ruokolainen O, Laatikainen T, Koprivnikar H, and JATC-2 WP9 co-authors. **Tobacco endgame goals and measures in Europe: current status and future directions**. Tob Control 2025;34:e114–22.
- Polosa R, Fagerstrom K, Rodu B. **The emerging role of oral nicotine pouches in tobacco harm reduction**. Intern Emerg Med 2025.

- Prajongjeep A, Chutiphongdech T, Phuengnam K, Sukaew T, Lopradit T, Yeabkai Y **Impact of e-cigarette advertising, promotion, and sponsorship on cognition and behavior: a systematic review of public responses.** BMC Health Serv Res 2025.
- Stein JS, Le NTM, Lozano AJ, Bickel WK, Hanlon AL. **Narrative simulation of financial scarcity: Effects on delay discounting, cigarette craving, and cigarette demand in adults who smoke cigarettes.**Exp Clin Psychopharmacol 2025;33:655–64.
- Tattan-Birch H, Jackson SE, Shahab L, Buss V, Sun T, Read D, et al. **Oral nicotine pouch use in Great Britain: a repeat cross-sectional study, 2020-25.** Lancet Public Health 2025.
- Whaley RC, Vogel EA, Clementel AC, Barrington-Trimis JL, McConnell R, Liu F, et al. **Effects of exposure to snus marketing with versus without modified risk tobacco product claims on snus use intention and perceived harm among young adults.** Tob Control 2025;34:733–8.

## **Vaping and Vaping Harms**

- Bosnjak M, Burmeister EA, Ratsch A. **Human placental impact from exposure to non-smoked tobacco and nicotine products: a scoping review.** Placenta 2025;172:10–39.
- Braznell S, Dance S, Hartmann-Boyce J, Gilmore A. **Impact of heated tobacco products on biomarkers of potential harm and adverse events: a systematic review and meta-analysis.** Tob Control 2025.
- Bouz MEL, Neto C, Mansuy T, Becher R, Valen H, Mariussen E, et al. **Health hazards of e-cigarettes and heated tobacco products: a comprehensive analysis of hazardous substances and regulatory gaps.** Nicotine Tob Res 2025.

- Jukic I, Becic T, Matulic I, Simac P, Vukovic J. **Impact of nicotine-free electronic cigarettes on cardiovascular health: a systematic review**. J Clin Med 2025;14.
- Kouzoukas E, Navas C, Zawertailo L, Fougere C, Bacon SL, Chadi N, et al. **The health effects of vaping and e-cigarettes: consensus recommendations**. Int J Drug Policy 2025;148:105117.
- Omcikus M, Tashkin DP, Dimic-Janjic S, Barjaktarevic I. **Impact of e-cigarettes and flavoured vapes on respiratory health: where are we now?** Curr Opin Pulm Med 2025.
- Pei D, Sharapova S, Popova L. **Reasons for not using e-cigarettes among adults who smoke: findings from the 2019-2021 Euromonitor International's voice of the consumer: nicotine survey in 20 countries**. BMC Public Health 2025.
- Sharma S, He X, Meister M, Hess J, Young H, Bell-Huff C, et al. **Building awareness and harm reduction strategies to address vaping risks**. Inhal Toxicol 2025:1–21.
- Varyvoda T, Zolotarova T, Moiz A, Munteanu D, Filion KB, Eisenberg MJ. **Efficacy and safety of Varenicline for vaping cessation: a systematic review and meta-analysis of randomized controlled trials**. Am J Med 2025.

### Young People and Vaping

- Adekeye OT, Kyei E, Marquez F, Gonyoe G, Mumba MN. **Demographic drivers of e-cigarette use initiation and continuation among US adolescents**. J Adolesc Health 2025.
- Arthur KM, Needy L, Peace MG, Moser S, Rodriguez N. **Examining self-perceptions between college students who do and do not vape: an online cross-sectional study**. J Health Psychol 2025:13591053251397696.



- Barrington-Trimis JL, Sanchez LM, Leventhal AM, Hughes Halbert C, Baezconde-Garbanati L, Henriksen L, et al. **Impact of the California state flavoured tobacco sales restriction on e-cigarette use behaviours among youth.** Tob Control 2025.
- Doggrell SA. **Does varenicline promote abstinence in youths who vape?** Expert Opin Pharmacother 2025;26:1753–6.
- E, Hatsukami D. **Parental misperceptions, communication, and parent-child relational factors: a matched parent-child study on youth vaping.** J Adolesc Health 2025.
- Taylor E, Robson D, Brose LS, Hammond D, Reid JL, Block AC, et al. **Nicotine and tobacco-specific nitrosamine exposure among youth in England who smoke cigarettes and/or vape.** Tob Control 2025.

## Smoking Cessation

- Avila JC, Tripathi N, Marotta CJ, McCann CE, Reyen M, Haas JS, et al. **Are older adults scheduled for lung cancer screening interested in trying electronic cigarettes when conventional smoking cessation treatment fails? a cross-sectional survey.** Addict Behav 2025;175:108592.
- Chang J, Kim J, Lee ES, Paek YJ, Lee H-J, Choi M, et al. **The effectiveness of cognitive behavioral therapy for smoking cessation: a systematic review and meta-analysis.** J Behav Med 2025;48:941–54.
- Ebdon M, Nottage M, Kyriakos CN, Chung-Hall J, Meng G, Gravely S, et al. **Examining the impact of England’s menthol cigarette ban on postban smoking cessation: longitudinal findings from the England arm of the 2020-2022 ITC four country smoking and vaping surveys.** Tob Control 2025.
- Fan J, Lei X, Zhang J, Chang Y, Jiang N, Qu Z, et al. **Efficacy of acceptance and commitment therapy for smoking cessation: a systematic review and meta-analysis.** Worldviews Evid Based Nurs 2025;22:e70086.

- Johnson AL, Avila JC, Christensen L, Fahey MC, Jang J, Jarvis S, et al. **Smoking cessation treatment efficacy and impact on health outcomes among middle-aged and older adults: a scoping review.** Nicotine Tob Res 2025;28:14–25.
- Pesola F, Myers Smith K, Przulj D, Ladmore D, Phillips-Waller A, McRobbie H, et al. **Patterns of e-cigarette use and smoking cessation outcomes: secondary analysis of a large randomised controlled trial to inform clinical advice.** Nicotine Tob Res 2025.
- Rome M, Romo L, Hennequin T, Meslot C, Negre F, Illel K, et al. **Effectiveness of psychological interventions for smoking cessation among incarcerated population: a systematic review and meta-analysis.** Drug Alcohol Depend 2025;277:112941.
- Simmons M, Shellington E, Afshar T, Struik L, Hoekstra F, Myers R, et al. **Understanding barriers and identifying solutions for smoking cessation in primary care: survey results informed by an integrated knowledge translation approach in British Columbia, Canada.** BMJ Open Qual 2025;14.
- Smith P, Dahlby L, Plotnikova E, Williams R-B, Thorley R, Murray R, et al. **Enhancing engagement with stop smoking services among lower socioeconomic groups across the UK: a qualitative study using the behaviour change wheel.** Nicotine Tob Res 2025.

## Recent reports and news (grey literature)

A rundown of publications from key public health organisations within the last month.

- Action on Smoking and Health. **Are tobacco and nicotine product sales falling?** ASH, 2025.

- Action on Smoking and Health. **Does the Smokefree Generation really break EU law? industry vs evidence**. ASH, 2025.
- Office for Health Improvement and Disparities. **Smoking profile: December 2025 update**. Office for Health Improvement and Disparities, 2025.
- World Health Organization. **WHO technical manual on tobacco tax policy and administration**. WHO, 2025.
- Action on Smoking and Health. **Breaking new ground: local authority stop smoking services and wider tobacco control in England, 2025**. ASH, 2025.
- Action on Smoking and Health. **Local authorities drive record expansion of stop smoking support across England**. ASH, 2025.

## Disclaimer

All reasonable care is taken to ensure that the information we provide is accurate and we accept no responsibility for the content provided. The information provided is selective; however, the inclusion of a link does not imply approval of the contents of the website.

This is not meant as an exhaustive list of publications on these topics for the given time period, but rather a selection as seen most relevant.

## Contact

**Knowledge Services**

**[phs.knowledge@phs.scot](mailto:phs.knowledge@phs.scot)**