Randomized Trial of E-Cigarettes vs. Nicotine-Replacement Therapy

Trial description: Adults seeking help for smoking cessation were randomized in a 1:1 fashion to either e-cigarettes or a nicotine-replacement product. They were followed for 1 year.

RESULTS

• Primary endpoint: abstinence at 52 weeks: e-cigarettes vs. nicotine replacement: 18% vs. 9.9%, RR 1.83, 95% CI 1.30-2.58; p < 0.001
• Abstinence at 4 weeks: 43.8% vs. 30.0%; at 26 weeks: 35.4% vs. 25.1%, both p < 0.05
• Composite urge score at 4 weeks: 2.0 vs. 2.3, p < 0.05

CONCLUSIONS

• E-cigarettes are more efficacious than nicotine-replacement products for abstinence at 1 year among participants motivated to quit smoking, although overall success rate remains very low
• Recent studies have suggested a higher risk of CV events with e-cigarettes; unclear if they should be endorsed for smoking cessation