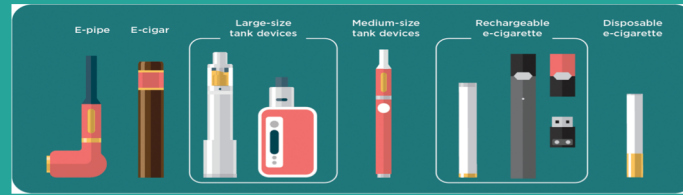


# Nicotine Epidemic: Adolescents' Development from Nicotine Dependence



By: Melissa Kwong



## Introduction:

- Studying the rise on popularity of nicotine e-cigarette devices
- Who: Adolescents and Young adults
- I chose this project as this is a problem that we see our friends and classmates face as they fall under addiction

## Research Question:

How does nicotine addiction affect adolescents' development and how does this affect contribute to the weakening of overall adolescent health physically, mentally, and socially?



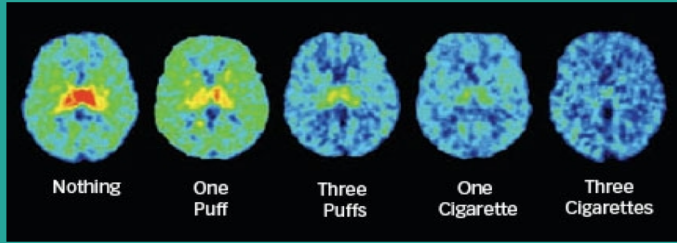
## Revised Hypothesis:

Despite having a lack of evidence, young adults and adolescents can confidently agree that nicotine addiction affects the overall health physically by biologically changing the brain, mentally by affecting psychological behavior, and socially by changing individual perception on nicotine.

## Conceptual Frameworks:

1. Physiological models of addiction
  - a. Increase in nicotine receptors
2. Smoking and Quitting as products of social and environmental factors
  - a. Social media, friends, race
3. Social Cognitive Theory
  - a. Learning through observation and instruction which affects behavior

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## Works Cited:

- Camenga, Deepa R. “Trends in Use of Electronic Nicotine Delivery Systems by Adolescents.” *Trends in Use of Electronic Nicotine Delivery Systems by Adolescents*, vol. 39, no. 1, Jan. 2014, pp. 338–340., doi:10.3897/bdj.4.e7720.figure2f.
- Cosci, Fiammetta et al. “Nicotine dependence and psychological distress: outcomes and clinical implications in smoking cessation” *Psychology research and behavior management* vol. (2011): 119-28.

## Main Case Study:

Physical Health:

Methods and Design:

- ❑ 7th and 8th graders in middle schools located in Southern California
- ❑ Given level of nicotine consumption

Results:

- ❑ 22% of the 95 subjects who had initiated occasional smoking reported a symptom of nicotine dependence within four weeks of initiating monthly smoking. One or more symptoms were reported by 60 (63%) of these 95 subjects. Of the 60 symptomatic subjects, 62% had reported experiencing their first symptom before smoking daily or began smoking daily.

**Smoking & Mental Health**  
Some fast facts

**Fact #1** 42% of all cigarettes are smoked by someone with a mental illness.

**Fact #2** Over 100 million people in the U.S. are stressed. Over smoking is the second largest killer of people who have a mental illness.

**Fact #3** Research shows that people who start smoking are more likely to become stressed and depressed.

**Fact #4** Many people who quit find that, after awhile, they feel less stressed and their mood improves.

**Fact #5** People experiencing mental illness can quit and can do so safely.  
1. Talk to your doctor about nicotine replacement therapy and medications.  
2. Find other ways to cope with stress and anxiety.  
3. Be prepared for withdrawal symptoms.  
4. Call the Quitline at 1-877-448-QUIT for tips, ideas and support.  
5. Reward yourself with the money you save.

Never Give Up Giving Up. Quit

## Research problems encountered:

- Not enough significant and conclusive evidence in case studies involving Electronic Nicotine Delivery Systems (ENS) due to recent development
- Because of the lack of research, I couldn't find specificity in the effect of behaviour methods
- There are general theories on why some people consume nicotine, there isn't one confident model

## Conclusion:

- Prolonged nicotine addiction detrimentally deteriorates overall health due to all aspects in vulnerability within adolescents
- **Physically:** Brain Development becomes dependent
- **Mentally:** Change in behavior can cause mental illnesses
- **Socially:** Societal Perception vs. Individual Perception

