

VAPING NICOTINE + MENTAL HEALTH

Nicotine has not been found to directly cause mental health conditions, but numerous studies reveal troubling links between **vaping nicotine** and worsening symptoms of **depression and anxiety**.

Nicotine can amplify **anxiety** symptoms^{1,4} and feelings of **depression**.²



81% of 15-24 year olds surveyed who had used **e-cigarettes** said they started vaping to decrease stress, anxiety, or depression.³



Irritability, anxiety and depression are some of the symptoms of nicotine withdrawal. **Vaping nicotine** relieves these symptoms, **but only temporarily**.

Quitting nicotine can lead to reduced **stress, anxiety, and depression** in the long term.³

90% of those who quit **vaping** said they felt less stressed, anxious, or depressed.³



¹ Kutlu MG, Gould TJ. Nicotine modulation of fear memories and anxiety: Implications for learning and anxiety disorders. *Biochemical Published Online First*: 2015/08/02]

² Lechner WW, Janssen T, Kahler CW, et al. Bi-directional associations of electronic and combustible cigarette use onset patterns with depressive symptoms in adolescents. *Preventive Medicine* 2017;96:73-78.

³ Truth Initiative Mental Health x Vaping Headline Survey Internal Data - August 2021.

⁴ Benowitz NL. Nicotine addiction. *N Engl J Med*. 2010;362(24):2295-2303.

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