



# Revue rapide : Quels sont les effets de la pandémie de COVID-19 sur la consommation de tabac et de produits de vapotage ainsi que sur sa cessation?

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Les auteurs déclarent n'avoir aucun conflit d'intérêts à divulguer.

# Résumé

## Contexte

La pandémie de maladie à coronavirus 2019 (COVID-19) et les mesures de santé publique qui y sont associées peuvent avoir perturbé les comportements liés à la santé et les stratégies de réduction du stress des gens. La disponibilité des programmes de santé publique visant à soutenir les comportements sains et à présenter des solutions de cessation du tabac et du vapotage peut avoir été limitée, en raison des confinements et des autres priorités des interventions contre la pandémie. Les données probantes concernant la consommation de tabac et de produits de vapotage pendant la pandémie pourraient aider les décideurs en santé publique à réagir efficacement aux habitudes d'utilisation actuelles ainsi qu'à l'intérêt du public à cesser de fumer.

Cette revue rapide a été produite pour soutenir la réponse de l'Agence de la santé publique du Canada à la pandémie de coronavirus 2019 (COVID-19). Cette revue vise à recenser, évaluer et résumer les nouvelles données de recherche à l'appui de la prise de décision fondée sur des données probantes.

Cette revue rapide inclut les données probantes disponibles au 26 octobre 2020 pour répondre à la question suivante : **Quels sont les effets de la pandémie de COVID-19 sur la consommation de tabac et de produits de vapotage ainsi que sur sa cessation?**

## Points clés

- On n'a pas observé de direction évidente de l'effet de la pandémie de COVID-19 sur la consommation de tabac ou de produits de vapotage. La plupart des études transversales ont observé un résultat mitigé, indiquant que certains fumeurs ont augmenté leur consommation pendant la pandémie, que d'autres l'ont diminuée, tandis que d'autres ne l'ont pas modifiée. Les études ne définissent pas clairement les facteurs associés à une augmentation ou à une diminution de la consommation. Le degré global de certitude de ces données probantes est très faible (GRADE), et les résultats risquent fort de changer à mesure que de nouvelles données probantes apparaîtront.
- On n'a observé aucun effet manifeste de la pandémie de COVID-19 sur la cessation ou les tentatives de cessation. Les études rapportent des taux de cessation de 8 à 21 % chez les fumeurs depuis la période prépandémique. De 36 à 40 % des fumeurs ont tenté d'arrêter de fumer. Cependant, la comparaison de ces taux de cessation et de tentative de cessation aux taux prépandémiques n'est habituellement pas déclarée. Il n'est donc pas possible de déterminer s'il s'agit d'une augmentation. Le degré global de certitude de ces données probantes est très faible (GRADE), et les résultats risquent fort de changer à mesure que de nouvelles données probantes apparaîtront.

## Aperçu des données probantes et lacunes dans les connaissances

- Les facteurs pouvant être associés à une augmentation de la consommation de tabac et de produits de vapotage incluent les cas autodéclarés d'anxiété ou de dépression, le fait d'être une femme, le chômage, un faible niveau de scolarité, un plus jeune âge ou le fait d'avoir plus de 50 ans. Il a été démontré dans deux études que la perception qu'avaient les individus d'un risque de souffrir de conséquences plus sévères d'une infection à la COVID-19 en raison du fait de fumer était associée tant à la diminution qu'à l'augmentation de la consommation de tabac, ainsi qu'à une augmentation de la motivation à cesser de fumer.
- La constitution de réserves de tabac et de produits de vapotage afin d'éviter les pénuries a été observée dans deux études, où 14,5 % des consommateurs déclaraient avoir stocké des produits de vapotage (une étude) et où de 20 à 67 % des consommateurs déclaraient stocker des produits du tabac (deux études).
- Les recherches ne démontrent pas clairement d'association entre une modification de la consommation de tabac ou du vapotage et le moment où ont été appliquées des mesures de lutte contre la pandémie (comme le confinement, la restriction des mouvements ou les couvre-feux).
- Les études n'ont observé aucun effet évident du pays ou de la juridiction. Aucune étude canadienne n'a été recensée.
- Presque toutes les études existantes sont transversales, ce qui soulève des questions au sujet des taux de réponse, de l'exactitude des auto-évaluations, et de la représentativité des échantillons.
- Très peu d'études (n=5) rendent compte du vapotage et de l'utilisation de cigarettes électroniques en lien avec la pandémie.

# Méthodologie

## Question de recherche :

Quels sont les effets de la pandémie de COVID-19 sur la consommation de tabac et de produits de vapotage ainsi que sur sa cessation?

## Recherche

Les bases de données suivantes ont été fouillées le 26 octobre 2020 en utilisant les termes clés : tobacco, cigarette, smok\*, vaping, e-cigarette, et cessation.

- Pubmed's curated COVID-19 literature hub: [LitCovid](#)
- [Trip Medical Database](#)
- World Health Organization's [Global literature on coronavirus disease](#)
- [COVID-19 Evidence Alerts](#) from McMaster PLUS™
- [Public Health +](#)
- [COVID-19 Living Overview of the Evidence \(L·OVE\)](#)
- [McMaster Health Forum](#)
- Cochrane Rapid Reviews [Question Bank](#)
- [Prospero Registry of Systematic Reviews](#)
- NCCMT [COVID-19 Rapid Evidence Reviews](#)
- [MedRxiv preprint server](#)
- NCCDH [Equity-informed Responses to COVID-19](#)
- NCCEH [Environmental Health Resources for the COVID-19 Pandemic](#)
- NCCHPP [Public Health Ethics and COVID-19](#)
- NCCID [Public Health Quick Links](#)
- NCCID [Disease Debrief](#)
- NCCIH [Updates on COVID-19](#)
- [Institute national d'excellence en santé et en services sociaux \(INESSS\)](#)
- [Uncover \(USHER Network for COVID-19 Evidence Reviews\)](#)
- [Alberta Health Services](#)
- [Public Health Ontario](#)
- Centers for Disease Control and Prevention's [Morbidity and Mortality Weekly Report](#)

Une copie de la stratégie de recherche complète peut être consultée à [link](#).

## Critères de sélection des études

Les résultats de la recherche ont d'abord été examinés pour recenser les directives et les synthèses récentes. Les études uniques ont été incluses si aucune synthèse n'était disponible ou si des études uniques ont été publiées après que la recherche ait été effectuée à partir de la synthèse. Les sources de langue anglaise évaluées par les pairs et les sources publiées avant l'impression et avant l'évaluation par les pairs ont également été incluses. Les avis d'experts ont été exclus. Les sources de surveillance ont été exclues.

	Critères d'inclusion	Critères d'exclusion
Population	La population en général	Populations cliniques : patients atteints de la COVID-19, patients atteints de problèmes de santé mentale, patients cardiaques, etc.
Intervention	Pandémie de COVID-19	
Comparaison	Avant la pandémie de COVID-19	
Résultats	Consommation de produits du tabac, y compris les cigarettes Utilisation de produits de vapotage et de cigarettes électroniques Cessation du tabac/vapotage, tentatives ou intention d'arrêter de fumer Reprise de la consommation de tabac ou de produits de vapotage	Symptômes/conséquences d'une infection à la COVID-19 chez les gens qui consomment du tabac ou des produits de vapotage Cannabis Usages traditionnels/autochtones du tabac

## Extraction et synthèse des données

Pour les synthèses, les données relatives à la conception de l'étude, au cadre, à l'emplacement, aux caractéristiques de la population, aux interventions ou à l'exposition et aux résultats ont été extraites lorsqu'elles étaient déclarées.

## Évaluation de la qualité des données probantes

Nous avons évalué la qualité des données probantes incluses en utilisant des outils d'évaluation critique, comme nous le décrivons ci-dessous. L'évaluation de la qualité a été réalisée par un examinateur et vérifiée par un deuxième examinateur. Les conflits ont été résolus par la discussion.

### Méthodologie de l'étude

Cohorte

Étude

transversale

### Outils d'évaluation critique

Joanna Briggs Institute (JBI) [Checklist for Cohort Studies](#)

Joanna Briggs Institute (JBI) [Checklist for Analytical Cross Sectional Studies](#)

Les évaluations de la qualité effectuées pour chaque étude incluse sont disponibles sur demande.

L'approche [GRADE](#) (Grading of Recommendations, Assessment, Development and Evaluations) a été utilisée pour évaluer la certitude des résultats sur la base de huit domaines clés.

Selon l'approche GRADE en matière de qualité des données probantes, les **études observationnelles**, telles que celles incluses dans cette revue, fournissent des données probantes de **faible qualité**. Cette évaluation peut être réduite encore davantage en fonction d'autres domaines :

- un risque de biais élevé;
- l'incohérence des effets;
- le caractère indirect des interventions/résultats;
- des imprécisions dans l'estimation de l'effet;
- un biais de publication.

À l'inverse, elle peut être rehaussée sur la base des domaines suivants :

- un effet important;
- une relation dose-effet;
- une prise en compte des variables confusionnelles.

Pour chaque résultat, la certitude globale des données probantes a été déterminée en tenant compte des caractéristiques des données probantes dont on dispose (des études observationnelles, dont certaines n'ont pas été évaluées par les pairs, des variables confusionnelles potentielles qui n'ont pas été prises en compte, des essais et des protocoles d'essais différents, et une absence de groupes de comparaison valides). Un jugement selon lequel « la certitude globale est très faible » signifie que les résultats risquent fort de changer à mesure que de nouvelles données probantes apparaissent.

## Résultats

### Synthèse de la qualité des données probantes

Ce document comprend deux synthèses en cours de réalisation et 33 études uniques, pour un total de 35 publications. La qualité des données probantes incluses dans cette revue se décrit comme suit :

Question de recherche	Données probantes incluses		Certitude globale des données probantes
Quels sont les effets de la pandémie de COVID-19 sur la consommation de tabac et de produits de vapotage ainsi que sur sa cessation?	Synthèses en cours	2	Très faible
	Études individuelles	33	

### Attention

Comme il faut rendre rapidement disponibles les nouvelles données probantes sur la COVID-19, plusieurs études émergentes n'ont pas été révisées par des pairs. Pour cette raison, nous vous conseillons la prudence quand vous utilisez et interprétez les données probantes incluses dans cette revue rapide. Nous avons fourni une synthèse de la certitude globale des données probantes afin de soutenir le processus de prise de décision. Lorsque c'est possible, nous vous recommandons de fonder vos décisions sur les données probantes de la plus haute qualité possible.

## Tableau 1 : Synthèses en cours

Reference	Anticipated Release Date	Description of document
Currie, C. L., Larouche, R., Voss, M. L., Higa, E. K., Spiwak, R., Scott, D., & Tallow, T. (2020). <a href="#">The impact of eHealth group interventions on the mental, behavioral, and physical health of adults: A systematic review protocol</a> . <i>Systematic Reviews</i> . BioMed Central Ltd. <i>PROSPERO, CRD42020187551</i> .	Oct 30, 2020	This review will summarize the evidence for eHealth group counseling and coaching programs supporting population-based mental health and wellbeing among community-dwelling adults. One primary outcome will be behavioral health conditions, including smoking.
Hughes, S., Canfell, K., Carle, C., Caruna, M., Egger, S., Ginsburg, O., ... Soerjomataram, I. (2020). <a href="#">Is the COVID-19 pandemic associated with changes in tobacco smoking behaviour? A systematic review</a> . <i>PROSPERO, CRD42020206383</i> .	Dec 31, 2020	This review will report on whether the COVID-19 pandemic is associated with changes in tobacco smoking behaviour, including initiation, intensity, and cessation.



## Tableau 2 : Études individuelles sur la consommation de tabac

Reference	Date Released	Study Design	Country	Population	Summary of findings	Quality Rating:
<b>Africa</b>						
Matsungu, T. M., & Chopera, P. (2020). <a href="#">Effect of the COVID-19-induced lockdown on nutrition, health and lifestyle patterns among adults in Zimbabwe</a> . <i>BMJ Nutrition, Prevention &amp; Health</i> .	Sep 1, 2020	Cross-sectional	Zimbabwe	n=507 adults aged 18 or older; most between 31-40 years	<p>Compared to pre-pandemic smoking behaviour, this online survey of adults in Zimbabwe found:</p> <ul style="list-style-type: none"> <li>• 45.9% increased their smoking.</li> </ul> <p>A higher proportion of participants with symptoms of generalized anxiety disorder reported increases in smoking (55.2%, p=0.133)</p> <p>Limitations of this study include the potential for under-representation of people from lower socioeconomic groups and rural settings.</p>	Moderate
<b>Americas</b>						
Sharma, P., Ebbert, J. O., Rosedahl, J. K., & Philpot, L. M. (2020). <a href="#">Changes in substance use among young adults during a respiratory disease pandemic</a> . <i>SAGE Open Medicine</i> . Epub ahead of print.	Oct 14, 2020	Cross-sectional	United States	n=1,018 young adults aged 18-25	<p>Compared to pre-pandemic smoking and vaping behaviour, a survey of young adults in a mixed urban/rural Midwestern USA setting found that:</p> <ul style="list-style-type: none"> <li>• 9.6% increased and 15.1% decreased their use of vaping products</li> <li>• 8.3% increased and 16.2% decreased their use of tobacco products</li> </ul> <p>Substance use changes were reported (including all substances, and with change in either direction) for respondents with increasing degree of loneliness (continuous loneliness score: prevalence ratio = 1.12, 95% CI 1.01–1.25), anxiety (prevalence ratio = 1.45, 95% CI 1.14–1.85), and depression (prevalence ratio = 1.44, 95% CI 1.13–1.82).</p> <p>Limitations include low response rate (16.6%) and a reliance on self-reported data.</p>	Moderate

Weber, C.A.T., Teixeira Monteiro, I., Medeiros Gehrke, J., & Silva de Souza, W. (2020). <a href="#">The Use of Psychoactive Substances in the Context of the Covid-19 Pandemic in Brazil</a> . <i>Preprint</i> .	Sep 27, 2020	Cross-sectional	Brazil	n=1,145 adults aged 18 or older; mean age 37 years	Compared to pre-pandemic smoking behaviour, an online social media survey of adults in Brazil found: <ul style="list-style-type: none"> <li>• A significant reduction in the consumption of tobacco (P&lt;0.001).</li> </ul> Limitations include lack of generalizability due to convenience sampling and the overrepresentation of white, educated, employed females in the survey.	Moderate; <b><i>PREPRINT</i></b>
Malta, D.C, Szwarcwald, C.L., de Azevedo Barros, M.B., Gomes, C.S., Machago, I.E., de Souza Junior, P.R., ... Gracie, R. (2020). <a href="#">The COVID-19 Pandemic and changes in adult Brazilian lifestyles: a cross-sectional study</a> , 2020. <i>Epidemiol. Serv. Saude, Brasília, 29</i> (4), e2020407.	Sep 25, 2020	Cross-sectional	Brazil	n=45,161 adults aged 18 or older	Compared to pre-pandemic smoking behaviour, an online survey of adults in Brazil found: <ul style="list-style-type: none"> <li>• 12.1% had reduced smoking</li> <li>• 53.9% had not changed their smoking habits</li> <li>• 6.4% smoked around 5 more cigarettes daily</li> <li>• 22.5% smoked around 10 more cigarettes daily</li> <li>• 5.1 % smoked at least 20 more cigarettes daily</li> </ul> More women reported increasing their daily cigarettes than men.	Low
Chertok, I.R.A. (2020). <a href="#">Perceived risk of infection and smoking behavior change during COVID-19 in Ohio</a> . <i>Public Health Nursing</i> . Epub ahead of print.	Sep 21, 2020	Cross-sectional	United States	n=810 adults aged 18 or older; mean age 35.5 years	Compared to pre-pandemic smoking behavior, a survey of current or recent smokers found: <ul style="list-style-type: none"> <li>• 35% increased their frequency of smoking</li> <li>• 21% decreased their frequency of smoking</li> <li>• 43% reported smoking as frequently</li> <li>• 36.7% had attempted to quit since the start of the pandemic.</li> </ul> Having diabetes (adjusted odds ratio (OR) 6.984, 95% CI 1.781, 27.387) or a perceived risk of severe COVID-19 infection (adjusted OR 1.185, 95% CI 1.114, 1.376) were associated with having a desire to quit smoking. Limitations include possible selection bias and over-representation of females in study sample.	Moderate

<p>Knell, G., Robertson, M. C., Dooley, E. E., Burford, K., &amp; Mendez, K. S. (2020). <a href="#">Health Behavior Changes During COVID-19 Pandemic and Subsequent "Stay-at-Home" Orders</a>. <i>International Journal of Environmental Research and Public Health</i>, 17(17), 6268.</p>	<p>Aug 28, 2020</p>	<p>Cross-sectional</p>	<p>United States</p>	<p>n=1,809 adults aged 18 or older</p>	<p>Compared to pre-pandemic smoking behaviour, a survey of US adults found:</p> <ul style="list-style-type: none"> <li>• 30.5% increased their tobacco use</li> <li>• 19.2% decreased their tobacco use</li> <li>• 50.3% stayed the same</li> </ul> <p>Those with a college education (OR = 0.29, 95%CI: 0.10,0.80) and those unemployed/having an "other" job status (OR = 0.11, 95%CI: 0.02,0.58) had lower odds of reporting a decrease in tobacco use.</p> <p>Females had greater odds (OR = 2.46, 95%CI: 1.10,5.47) of reporting an increase in tobacco use.</p> <p>Those aged 50 and older had lower odds (OR = 0.31, 95%CI: 0.10,0.92) of reporting an increase in tobacco use.</p> <p>Limitations include lack of generalizability as a high proportion of respondents were female, highly educated and non-Hispanic white.</p>	<p>Moderate</p>
<p>Kowitt, S. D., Cornacchione Ross, J., Jarman, K. L., Kistler, C. E., Lazard, A. J., Ranney, L. M., ... Goldstein, A. O. (2020). <a href="#">Tobacco Quit Intentions and Behaviors among Cigar Smokers in the United States in Response to COVID-19</a>. <i>International Journal of Environmental Research and Public Health</i>, 17(15), 5368.</p>	<p>Jul 25, 2020</p>	<p>Cross-sectional</p>	<p>United States</p>	<p>n=777 adults aged 18 or older; mean age 39.9 years</p>	<p>An online survey of cigar users found:</p> <ul style="list-style-type: none"> <li>• 76% perceived higher risk of COVID-19 complications compared to non-smokers</li> <li>• 70% planned to quit in next 6 months due to perceived COVID-19 risk</li> </ul> <p>Since COVID-19 started:</p> <ul style="list-style-type: none"> <li>• 46% had made at least one quit attempt</li> <li>• 40.9% had increased tobacco use</li> <li>• 17.8% had decreased tobacco use</li> </ul> <p>Limitations of the study include a small sample size.</p>	<p>Low</p>

<p>DiClemente, R., Capasso, A., Ali, S., Jones, A., Foreman, J., &amp; Tozan, Y. (2020). <a href="#">Knowledge, beliefs, mental health, substance use, and behaviors related to the COVID-19 pandemic among U.S. adults: A national online survey.</a> <i>Preprint.</i></p>	<p>Jul 21, 2020</p>	<p>Cross-sectional</p>	<p>United States</p>	<p>n=6,391 adults aged 18 or older; approx. half were aged 50-69 years</p>	<p>An online survey of adults recruited through Facebook found that COVID-19-related anxiety and depression were associated with:</p> <ul style="list-style-type: none"> <li>• Increased smoking (adjusted OR=2.17; 95% CI=1.64, 2.88, p&lt;0.001).</li> </ul> <p>High stress scores were associated with:</p> <ul style="list-style-type: none"> <li>• Increased smoking (adjusted OR=1.75; 95% CI=1.31, 2.33, p&lt;0.001).</li> </ul> <p>Limitations include lack of generalizability as a high proportion of respondents were older, female, and non-Hispanic white.</p>	<p>Moderate; <b><i>PREPRINT</i></b></p>
<p>Klemperer, E. M., West, J. C., Peasley-Miklus, C., &amp; Villanti, A. C. (2020). <a href="#">Change in Tobacco and Electronic Cigarette Use and Motivation to Quit in Response to COVID-19.</a> <i>Nicotine &amp; Tobacco Research: Official Journal of the Society for Research on Nicotine and Tobacco, 22(9), 1662–1663.</i></p>	<p>Apr 28, 2020</p>	<p>Cross-sectional</p>	<p>United States</p>	<p>n=366 adults aged 21 or older; mean age 35.3 years</p>	<p>An online survey of current or recent dual users (tobacco and e-cigarette) who had ever made an e-cigarette quit attempt found that in April 2020, during the pandemic:</p> <ul style="list-style-type: none"> <li>• Decreased use of cigarettes was reported by 28.3%</li> <li>• No change in use of cigarettes was reported by 41.4%</li> <li>• Increased use of cigarettes was reported by 30.3%</li> <li>• Perceived risk of harm was not associated with change in use of cigarettes or e-cigarettes.</li> </ul> <p>Limitations include that the sample was largely white and male.</p>	<p>Low</p>

Asia						
Siddiqi, K., Siddiqui, F., Khan, A., Ansaari, S., Kanaan, M., Khokhar, M., ... Bauld, L. (2020). <a href="#">The impact of COVID-19 on smoking patterns in Pakistan: findings from a longitudinal survey of smokers</a> . <i>Nicotine &amp; Tobacco Research</i> . Epub ahead of print.	Oct 8, 2020	Cohort	Pakistan	n=6,014 smokers aged 15 or older; mean age 45 years	<p>A longitudinal survey of cigarette smokers aged 15 and over, conducted before and twice during lockdown, found:</p> <ul style="list-style-type: none"> <li>• 14% quit smoking, of which 39.3% subsequently relapsed</li> </ul> <p>Among those who continued smoking:</p> <ul style="list-style-type: none"> <li>• 68% reduced, 14% maintained, and 18% increased their cigarette consumption</li> <li>• The mean number of cigarettes smoked per day dropped from 14 to 9</li> <li>• 37% made at least one quit attempt</li> <li>• 41% were more motivated to quit</li> <li>• 21% were less motivated to quit</li> </ul> <p>Those who increased their cigarette consumption were more likely to be single, younger, and less dependent on tobacco.</p> <p>There were no statistically significant differences between groups on mental health and wellbeing outcomes.</p> <p>Limitations include reliance on self-reported data and a limited time frame (e.g. some of the reported changes may have occurred prior to COVID-19).</p>	Moderate

<p>Gupte, H., Mandal, G., &amp; Jagiasi, D. (2020). <a href="#">How has the COVID-19 pandemic affected tobacco users in India: Lessons from an ongoing tobacco cessation program</a>. <i>Tobacco Prevention &amp; Cessation</i>, 6(September):53.</p>	<p>Sep 1, 2020</p>	<p>Cross-sectional</p>	<p>India</p>	<p>n=650 adults, age not specified</p>	<p>Compared to pre-pandemic smoking behaviour, this study of participants under active follow-up in a tobacco cessation program in India found:</p> <ul style="list-style-type: none"> <li>• 30% of the users felt that the pandemic had affected their tobacco use due to unavailability (45%) and increased prices of tobacco products (27%)</li> <li>• 24% saw the pandemic as an opportunity to quit</li> <li>• 4% reported increased tobacco use due to increased stress</li> <li>• The proportion of smokers, smokeless tobacco users and dual users who stopped their use due to the lockdown was 13%, 22% and 18%, respectively, with the overall proportion being 17%</li> <li>• 51% of those who quit did so because of the lockdown or concerns over COVID-19</li> <li>• Abstinence among those who were aware of the association between the coronavirus and tobacco was twice that among those who were not aware.</li> </ul> <p>Limitations include generalizability of the findings to all tobacco users.</p>	<p>Moderate</p>
<p>Ahmed, I., Hasan, M., Akter, R., Kumar Sarkar, B., Rahman, M., Sarker, S., &amp; Samad, M. A. (2020). <a href="#">Behavioral preventive measures and the use of medicines and herbal products among the public in response to Covid-19 in Bangladesh: A cross-sectional study</a>. <i>Preprint</i>.</p>	<p>Aug 17, 2020</p>	<p>Cross-sectional</p>	<p>Bangladesh</p>	<p>n= 1,222 adults aged 18 or older; mean age 30.8 years</p>	<p>Compared to pre-pandemic smoking behaviours this survey of adults in Bangladesh found:</p> <ul style="list-style-type: none"> <li>• 48.6% of participants reported smoking less frequently</li> </ul>	<p>Moderate; <b><i>PREPRINT</i></b></p>

<p>Luk, T. T., Zhao, S., Weng, X., Wong, J. Y.-H., Wu, Y. S., Ho, S. Y., ... Wang, M. P. (2020). <a href="#">Exposure to health misinformation about COVID-19 and increased tobacco and alcohol use: a population-based survey in Hong Kong</a>. <i>Tobacco Control</i>. Epub ahead of print.</p>	<p>Aug 13, 2020</p>	<p>Cross-sectional</p>	<p>China</p>	<p>n=1,501 adults aged 18 or older</p>	<p>Compared to pre-pandemic smoking behaviour, this survey of adults in China found:</p> <ul style="list-style-type: none"> <li>• 19.0% (95% CI 16.8%-21.4%) of respondents reported exposure to misinformation regarding tobacco as protective against COVID-19</li> <li>• 15.6% of current tobacco users reported having increased their tobacco consumption</li> <li>• Having been exposed to misinformation was associated with increased tobacco use (OR 2.37, 95% CI 1.08 to 5.20) in current tobacco users (n=280)</li> </ul> <p>Limitations of the study include cross-sectional design, small sample size and self-reported measures.</p>	<p>Moderate</p>
<p>Ma, L., Gao, L., Tak-Fai Lau, J., Atif, R., Johnson, B. T., Yan, A. F., ... Xue, Q.-L. (2020). <a href="#">Mental distress and its associations with behavioral outcomes during the COVID-19 pandemic: A national survey of Chinese adults</a>. <i>Preprint</i>.</p>	<p>Aug 12, 2020</p>	<p>Cross-sectional</p>	<p>China</p>	<p>n=10,545 adults aged 18-80</p>	<p>Compared to pre-pandemic smoking behaviour, this online survey of adults in China found:</p> <ul style="list-style-type: none"> <li>• Among current smokers, greater mental distress was associated with increased tobacco consumption [OR=1.42, 95% CI 1.20-1.68 and OR=1.54, 95% CI 1.31-1.82 per one SD increase in mental distress].</li> </ul> <p>Limitations of the study include cross-sectional design and self-reported measures.</p>	<p>Moderate; <b>PREPRINT</b></p>
<p>Sun, Y., Li, Y., Bao, Y., Meng, S., Sun, Y., Schumann, G., ... Shi, J. (2020). <a href="#">Brief Report: Increased Addictive Internet and Substance Use Behavior During the COVID-19 Pandemic in China</a>. <i>The American Journal on Addictions</i>, 29(4), 268–270.</p>	<p>Jun 18, 2020</p>	<p>Cross-sectional</p>	<p>China</p>	<p>n=6,416, age not specified</p>	<p>This online survey of addictive behaviors during the pandemic found:</p> <ul style="list-style-type: none"> <li>• Overall proportions of self-reported smoking increased from 12.8% pre-pandemic to 13.6% during the pandemic, although the significance of this difference is not reported</li> <li>• 25% of ex-smokers had resumed smoking during the pandemic</li> <li>• 20% of regular smokers increased their usage</li> <li>• 8.4% of regular smokers quit smoking</li> <li>• 6.7% of occasional smokers were smoking regularly</li> </ul>	<p>Moderate</p>

Europe						
<p>Jackson, S. E., Garnett, C., Shahab, L., Oldham, M., &amp; Brown, J. (2020). <a href="#">Association of the Covid-19 lockdown with smoking, drinking, and attempts to quit in England: an analysis of 2019-2020 data</a>. <i>Addiction</i>. Epub ahead of print.</p>	Oct 21, 2020	Longitudinal	England	n=20,558 smokers aged 16 or older	<p>Compared to pre-pandemic prevalence rates of smoking and smoking cessation, a survey of adults in England aged 16 and over found, among past-year smokers, an increase in:</p> <ul style="list-style-type: none"> <li>• Quit attempts (39.6% vs. 29.1%, adjusted OR 1.56, 95% CI 1.23-1.98)</li> <li>• Cessation (8.8% vs. 4.1%, adjusted OR 2.63, 95% CI 1.69-4.09)</li> </ul> <p>The pandemic lockdown was not associated with a significant change in smoking prevalence.</p> <p>There was no significant change in use of evidence-based support among smokers who tried to quit, but use of remote support increased (10.9% vs. 2.7%, adjusted OR 3.59, 95% CI 1.56-8.23).</p>	Moderate
<p>Vanderbruggen, N., Matthys, F., Van Laere, S., Zeeuws, D., Santermans, L., Van den Aemele, S., &amp; Crunelle, C. L. (2020). <a href="#">Self-Reported Alcohol, Tobacco, and Cannabis Use during COVID-19 Lockdown Measures: Results from a Web-Based Survey</a>. <i>European Addiction Research</i>. Epub ahead of print.</p>	Sep 22, 2020	Cross-sectional	Belgium	n=3,632 adults aged 18 or older; mean age 42 years	<p>Compared to pre-pandemic smoking behaviour, a survey of Belgian adults found:</p> <ul style="list-style-type: none"> <li>• 15.4% smoked before lockdown</li> <li>• 1% quit smoking during lockdown</li> <li>• 0.9% started smoking during lockdown</li> <li>• 7.4% smoked more than before lockdown</li> <li>• 2.5% smoked less than before lockdown.</li> </ul> <p>The average number of cigarettes smoked per day among smokers increased from 1.5 (SD: 4.5) before lockdown to 1.7 (SD: 5.5) during lockdown.</p> <p>Age was inversely associated with odds of smoking more during lockdown (OR 0.99, 95% CI 0.98, 1.00, <math>p = .027</math>). Living alone (<math>p &lt; .001</math>), having a vocational educational level (<math>p = .04</math>), or being at home more due to technical unemployment (<math>p = 0.01</math>) were also associated with smoking more during lockdown.</p> <p>Limitations include that females and healthcare workers were overrepresented in the study sample compared to the adult Belgian population.</p>	Moderate



<p>Rolland, B., Haesebaert, F., Zante, E., Benyamina, A., Haesebaert, J., &amp; Franck, N. (2020). <a href="#">Global Changes and Factors of Increase in Caloric/Salty Food Intake, Screen Use, and Substance Use During the Early COVID-19 Containment Phase in the General Population in France: Survey Study.</a> <i>JMIR Public Health and Surveillance</i>, 6(3), e19630.</p>	<p>Sep 18, 2020</p>	<p>Cross-sectional</p>	<p>France</p>	<p>n=11,391 adults aged 16 or older; mean age 47.5 years</p>	<p>Compared to pre-pandemic smoking behavior, a survey of adults aged 16 and older in France found:</p> <ul style="list-style-type: none"> <li>• 8.7% increased their tobacco use</li> <li>• 5.2% decreased their tobacco use</li> <li>• 10.6% had no change in tobacco use</li> </ul> <p>Those reporting an increase in tobacco use were more likely to be female, aged older than 50 years, single, have a lower level of education, a job seeker, have lower wellbeing, have a higher level of stress and still working in the workplace.</p> <p>Limitations include the use of a convenience sample, although data were weighted by age and gender based on French census.</p>	<p>Moderate</p>
<p>Niedzwiedz, C. L., Green, M. J., Benzeval, M., Campbell, D., Craig, P., Demou, E., ... Katikireddi, S. V. (2020). <a href="#">Mental health and health behaviours before and during the initial phase of the COVID-19 lockdown: Longitudinal analyses of the UK Household Longitudinal Study.</a> <i>Journal of Epidemiology and Community Health</i>. Epub ahead of print.</p>	<p>Sep 14, 2020</p>	<p>Cohort</p>	<p>UK</p>	<p>n=9,748 adults aged 18 or older; mean age 49.5 years</p>	<p>Compared to pre-pandemic smoking behaviour, an analysis of UK Household Longitudinal Study data, for adults found that current smoking one month into lockdown had decreased. This appeared to be driven by a decrease in smoking among lighter smokers.</p> <p>Longitudinal analysis showed that the risk of smoking reduced during the pandemic (RR 0.9, 95% CI 0.8,1.0, n.s.) and risk of e-cigarette smoking also reduced (RR 0.7, 95% CI 0.5,0.9). There were no significant interactions with age, gender, educational level and race/ethnicity.</p>	<p>Moderate</p>

Tattan-Birch, H., Perski, O., Jackson, S., Shahab, L., West, R., & Brown, J. (2020). <a href="#">COVID-19, smoking, vaping and quitting: a representative population survey in England</a> . <i>Addiction</i> . Epub ahead of print.	Sep 11, 2020	Cross-sectional	England	n=3,179 adults aged 18 or older; mean age 52.4 years	<p>In a survey of cigarette and e-cigarette smokers who had attempted to quit in the previous 3 months:</p> <ul style="list-style-type: none"> <li>• 12.2% of cigarette quit attempts were reportedly triggered by the COVID-19 pandemic</li> <li>• 11.2% of vaping quit attempts were triggered by the COVID-19 pandemic</li> </ul> <p>Compared to pre-pandemic smoking behavior:</p> <ul style="list-style-type: none"> <li>• 47.5% of smokers smoked the same number of cigarettes inside their home</li> <li>• 23.2% smoked fewer cigarettes inside their home</li> <li>• 23.9% smoked more cigarettes inside their home</li> </ul> <p>Odds of smoking more inside the home did not differ by socioeconomic status.</p>	Moderate
Pišot, S., Milovanović, I., Šimunič, B., Gentile, A., Bosnar, K., Prot, F., ... Drid, P. (2020). <a href="#">Maintaining everyday life praxis in the time of COVID-19 pandemic measures (ELP-COVID-19 survey)</a> . <i>European Journal of Public Health</i> . Epub ahead of print.	Sep 3, 2020	Cross-sectional	Bosnia, Herzegovina, Croatia, Greece, Kosovo, Italy, Serbia, Slovakia, Slovenia and Spain	n=4,108 adults aged 15 or older; mean age 32 years	<p>Compared to pre-pandemic smoking behavior, a survey of adults aged 15 years and older across 9 European countries found:</p> <ul style="list-style-type: none"> <li>• 8% increased their smoking behaviour</li> <li>• 14% decreased their smoking behaviour</li> <li>• 13% smoking behaviour stayed the same</li> </ul> <p>The proportion of respondents who were male varied by country (from 21.1%-51.6%) but overall males made up 36.4% of the sample, limiting generalizability.</p>	Low
Canello, R., Soranna, D., Zambra, G., Zambon, A., & Invitti, C. (2020). Determinants of the Lifestyle Changes during COVID-19 <a href="#">Pandemic in the Residents of Northern Italy</a> . <i>International Journal of Environmental Research and Public Health</i> , 17(17), 6287.	Aug 28, 2020	Cross-sectional	Italy	n=272 adults aged 18 or older	<p>Compared to pre-pandemic smoking behaviour, a survey of Italian adults who smoked found:</p> <ul style="list-style-type: none"> <li>• 38% had increased cigarette consumption</li> </ul> <p>Increased cigarette consumption was more likely in those with increased food intake and whose sleep quality either improved or worsened compared to prior to the pandemic.</p> <p>Limitations include a small sample size and lack of generalizability as a high proportion of respondents were female.</p>	Low

Đogaš, Z., Kalcina, L. L., Dodig, I. P., Demirović, S., Madirazza, K., Valić, M., & Pecotić, R. (2020). <a href="#">The effect of COVID-19 lockdown on lifestyle and mood in Croatian general population: A cross-sectional study</a> . <i>Croatian Medical Journal</i> , 61(4), 309–318.	Aug 21, 2020	Cross-sectional	Croatia	n=3,027 adults aged 18 or older; median age 40 years	Compared to pre-pandemic smoking behaviour, a survey of Croatian adults found: <ul style="list-style-type: none"> <li>• The average number of cigarettes smoked daily increased from 12.3 (SD: 7.8) to 14.3 (SD: 10.3), <math>p &lt; .001</math>. However, this was primarily driven by the increase in number of cigarettes smoked daily by women: 11.8 (SD: 7.4) to 13.9 (SD: 9.8), <math>p &lt; .001</math>.</li> </ul> <p>Study generalizability is limited, given that 79.7% of the sample were females.</p>	Low
Bommelé, J., Hopman, P., Walters, B. H., Geboers, C., Croes, E., Fong, G. T., ... Willemsen, M. (2020). <a href="#">The double-edged relationship between COVID-19 stress and smoking: Implications for smoking cessation</a> . <i>Tobacco Induced Diseases</i> , 18(July),63.	Jul 20, 2020	Cross-sectional	Netherlands	n=1,067 smokers, age not specified	Compared to pre-pandemic smoking behaviour, an online survey of smokers found: <ul style="list-style-type: none"> <li>• 14.1% smoked less</li> <li>• 18.9% smoked more.</li> <li>• 24.7% believed quitting smoking had become more difficult,</li> <li>• 6.4% reported quitting smoking had become easier.</li> </ul> <p>Stress had both positive and negative affects: <ul style="list-style-type: none"> <li>• Severely stressed smokers were more likely to have either increased (OR 3.75; 95% CI 1.84–7.64; <math>p &lt; 0.001</math>) or reduced (OR 3.97; 95% CI 1.70–9.28; <math>p &lt; 0.001</math>) their smoking.</li> </ul> </p> <p>The sample is not well described.</p>	Low
Kayhan Tetik, B., Gedik Tekinemre, I., & Taş, S. (2020). <a href="#">The Effect of the COVID-19 Pandemic on Smoking Cessation Success</a> . <i>Journal of Community Health</i> . Epub ahead of print.	Jul 8, 2020	Cohort	Turkey	n=357 smokers or former smokers, age not specified	In 2 follow-up telephone calls of those who attended a smoking cessation clinic in 2018: <ul style="list-style-type: none"> <li>• Of the 23.7% of participants that had stopped smoking one year after attending the clinic, 87.2% had resumed smoking during the COVID-19 pandemic</li> <li>• 46.2% of those who reported smoking at the start of the COVID-19 pandemic had quit.</li> </ul> <p>Limitations of the study are that the sample was mostly male and only 122 participants were followed up during the COVID-19 pandemic.</p>	Low

Di Renzo, L., Gualtieri, P., Pivari, F., Soldati, L., Attinà, A., Cinelli, G., ... De Lorenzo, A. (2020). <a href="#">Eating habits and lifestyle changes during COVID-19 lockdown: An Italian survey</a> . <i>Journal of Translational Medicine</i> , 18:229.	Jun 8, 2020	Cross-sectional	Italy	n=3,533 respondents aged 12 or older; mean age 36 years	An online survey of lifestyle habits during the COVID-19 pandemic lockdown found: <ul style="list-style-type: none"> <li>• A decrease in number of smokers: 74.9% did not smoke prior to the pandemic and 78.2% did not smoke during the pandemic (p&lt;0.001).</li> </ul> A limitation of the study is that the sample was 76.1% female.	Moderate
Sidor, A., & Rzymiski, P. (2020). <a href="#">Dietary Choices and Habits during COVID-19 Lockdown: Experience from Poland</a> . <i>Nutrients</i> , 12(6), 1657.	Jun 3, 2020	Cross-sectional	Poland	n=1,087 adults aged 18 or older; mean age 27.7 years	An online survey during the COVID-19 pandemic lockdown found: <ul style="list-style-type: none"> <li>• 14.1% of all respondents reported smoking</li> <li>• 45% of smokers reported smoking more</li> </ul> Limitations of the study is a potential lack of generalizability due to a young respondent mean age.	Moderate
Elling, J., Crutzen, R., Talhout, R., & De Vries, H. (2020). <a href="#">Tobacco smoking and smoking cessation in times of COVID-19</a> . <i>Tobacco Prevention &amp; Cessation</i> , 6(July):39.	May 22, 2020	Cross-sectional	Netherlands	n=340 adult smokers aged 18 or older; mean age 49 years	An online survey conducted during the COVID-19 pandemic found that for adult smokers who were willing to quit smoking: <ul style="list-style-type: none"> <li>• 67.7% reported that the COVID-19 pandemic did not influence the number of cigarettes smoked per day</li> <li>• 18.5% smoked fewer cigarettes</li> <li>• 13.8% smoked more cigarettes</li> </ul> One-third reported more motivation to quit, which was positively associated with beliefs that: <ul style="list-style-type: none"> <li>• COVID-19 is a serious threat,</li> <li>• Smokers are at higher risk of catching COVID-19 and developing severe illness than non-smokers.</li> </ul> Limitation is that the study only included smokers who were willing to quit in the next 5 years.	Moderate

Caponnetto, P., Inguscio, L., Saitta, C., Maglia, M., Benfatto, F., & Polosa, R. (2020). <a href="#">Smoking behavior and psychological dynamics during covid-19 social distancing and stay-at-home policies: A survey</a> . <i>Health Psychology Research</i> , 8(1), 68–73.	May 20, 2020	Cross-sectional	Italy	n=1,825 adults, mean age 34.7 years	An online survey of changes in tobacco product use during COVID-19 lockdown found: <ul style="list-style-type: none"> <li>• 9.1% of dual users of e-cigarettes and cigarettes and 72.4% of exclusive cigarette smokers perceived decreased daily consumption;</li> <li>• 67.6% of exclusive cigarette smokers changed their purchasing habits, e.g., stockpiling products to avoid leaving home frequently</li> <li>• 64% of exclusive cigarette smokers have considered quitting.</li> </ul> <p>Limitations include that the questionnaire was advertised elsewhere but accessed through an anti-smoking league.</p>	Moderate
Jackson, S., Brown, J., Shahab, L., Steptoe, A., & Fancourt, D. (2020). <a href="#">COVID-19, smoking, and inequalities: a cross-sectional survey of adults in the UK</a> . <i>Preprint</i> .	May 5, 2020	Cross-sectional	UK	n= 55,481 adults aged 18 or older	An online survey studied the relationship between smoking and stress about becoming ill with COVID-19. <p>They found that those who experienced significant stress reported an increase in smoking (OR 1.84; 95% CI 1.66-2.04).</p>	Moderate <b>PREPRINT</b>
<b>Oceania</b>						
Pettigrew, S., Jun, M., Roberts, I., Bullen, C.; Nalliah, K., Rodgers, A. (2020). <a href="#">Preferences for Tobacco Cessation Information and Support During Covid-19</a> . <i>Journal of Addiction Medicine</i> . Epub ahead of print.	Sep 15, 2020	Cross-sectional	Australia and UK	n=1,204 smokers; mean age 46.5 years	A survey of smokers (who were all smoking at least 1 cigarette/day) in Australia and the UK during the early stages of the pandemic found that 28.8% of respondents intended to quit within the next 2 weeks and more than half had an interest in cessation supports. <p>UK respondents were more likely to prefer cessation information to come from government sources, whereas Australian respondents preferred radio news and Quitline sources.</p> <p>Limitations include a low response rate of 8% in the UK sample.</p>	

<p>Stanton, R., To, Q. G., Khaledi, S., Williams, S. L., Alley, S. J., Thwaite, T. L., ... Vandelandotte, C. (2020). <a href="#">Depression, Anxiety and Stress during COVID-19: Associations with Changes in Physical Activity, Sleep, Tobacco and Alcohol Use in Australian Adults.</a> <i>International Journal of Environmental Research and Public Health</i>, 17(11), 4065.</p>	<p>Jun 5, 2020</p>	<p>Cross-sectional</p>	<p>Australia</p>	<p>n=1,491 adults aged 18 or older; mean 50.5 years</p>	<p>A web-based survey examined associations between depression, anxiety and stress and changes in health behaviors, during COVID-19 and social isolation found, regarding tobacco use:</p> <ul style="list-style-type: none"> <li>• 88.5% were non-smokers, and 89.7% reported no change;</li> <li>• 6.9% reported increasing smoking frequency</li> <li>• 3.4% reported a decrease in smoking frequency</li> </ul> <p>Those who reported increased smoking frequency were more likely to have higher depression (adjusted OR 1.09, 95% CI 1.04-1.13), anxiety (adjusted OR 1.12, 95% CI 1.06-1.18), and stress (adjusted OR 1.10, 95% CI 1.05-1.15) symptoms.</p> <p>Limitations to generalizability include a sample that is 67.4% female.</p>	<p>Moderate</p>
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### Tableau 3 : Études individuelles sur la consommation de produits de vapotage

Reference	Date Released	Study Design	Country	Population	Summary of findings	Quality Rating:
<b>Americas</b>						
Sharma, P., Ebbert, J. O., Rosedahl, J. K., & Philpot, L. M. (2020). <a href="#">Changes in substance use among young adults during a respiratory disease pandemic</a> . <i>SAGE Open Medicine</i> . Epub ahead of print.	Oct 14, 2020	Cross-sectional	United States	n=1,018 young adults aged 18-25	<p>Compared to pre-pandemic vaping behaviour, a survey of young adults in a mixed urban/rural Midwestern USA setting found that:</p> <ul style="list-style-type: none"> <li>• 9.6% increased and 15.1% decreased their use of vaping products</li> </ul> <p>Substance use changes were reported (including all substances, and with change in either direction) for respondents with increasing degree of loneliness (continuous loneliness score: prevalence ratio = 1.12, 95% CI 1.01–1.25), anxiety (prevalence ratio = 1.45, 95% CI 1.14–1.85), and depression (prevalence ratio = 1.44, 95% CI 1.13–1.82).</p> <p>Limitations include low response rate (16.6%) and a reliance on self-reported data.</p>	Moderate
Berg, C. J., Callanan, R., Johnson, T. O., Schliecher, N. C., Sussman, S., Wagener, T. L., ... Henriksen, L. (2020). <a href="#">Vape shop and consumer activity during COVID-19 non-essential business closures in the USA</a> . <i>Tobacco Control</i> . Epub ahead of print.	Oct 6, 2020	Cross-sectional	United States	n=3,006 young adults aged 18-34	<p>A survey of young adult clients of vaping retailers in six USA metropolitan statistical areas found:</p> <ul style="list-style-type: none"> <li>• 20.3% stockpiled vape products</li> <li>• 20.3% tried to reduce use</li> <li>• 15.8% tried to quit</li> </ul> <p>Limitations include reliance on self-reported data and possibly limited generalizability of population.</p>	Low

Klemperer, E. M., West, J. C., Peasley-Miklus, C., & Villanti, A. C. (2020). <a href="#">Change in Tobacco and Electronic Cigarette Use and Motivation to Quit in Response to COVID-19</a> . <i>Nicotine &amp; Tobacco Research: Official Journal of the Society for Research on Nicotine and Tobacco</i> , 22(9), 1662–1663.	Apr 28, 2020	Cross-sectional	United States	n=366 adults aged 21 or older; mean age 35.3 years	An online survey of current or recent dual users (tobacco and e-cigarette) who had ever made an e-cigarette quit attempt found that in April 2020, during the pandemic: <ul style="list-style-type: none"> <li>• Decreased use of e-cigarettes was reported by 24.9%</li> <li>• No change in use of e-cigarettes was reported by 46.0%</li> <li>• Increased use of e-cigarettes was reported by 29.1%</li> <li>• Perceived risk of harm was not associated with change in use of cigarettes or e-cigarettes.</li> </ul> Limitations include that the sample was largely white and male.	Low
<b>Europe</b>						
Tattan-Birch, H., Perski, O., Jackson, S., Shahab, L., West, R., & Brown, J. (2020). <a href="#">COVID-19, smoking, vaping and quitting: a representative population survey in England</a> . <i>Addiction</i> . Epub ahead of print.	Sep 11, 2020	Cross-sectional	England	n=3,179 adults aged 18 or older; mean age 52.4 years	In a survey of cigarette and e-cigarette smokers who had attempted to quit in the previous 3 months: <ul style="list-style-type: none"> <li>• 11.2% of vaping quit attempts were triggered by the COVID-19 pandemic</li> </ul>	Moderate
Caponnetto, P., Inguscio, L., Saitta, C., Maglia, M., Benfatto, F., & Polosa, R. (2020). <a href="#">Smoking behavior and psychological dynamics during covid-19 social distancing and stay-at-home policies: A survey</a> . <i>Health Psychology Research</i> , 8(1), 68–73.	May 20, 2020	Cross-sectional	Italy	n=1,825 adults; mean age 34.7 years	An online survey of changes in tobacco product use during COVID-19 lockdown found: <ul style="list-style-type: none"> <li>• 9.1% of dual users of e-cigarettes and cigarettes reported decreased daily consumption;</li> <li>• 14.5% of exclusive e-cigarette users changed their purchasing habits, e.g., stockpiling products to avoid leaving home frequently</li> </ul> Limitations include that the questionnaire was advertised elsewhere but accessed through an anti-smoking league.	Moderate



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