

Electronic cigarettes for smoking cessation: Cochrane Living Systematic Review

What does the evidence tell us so far?

Key findings



Review updated in 2025



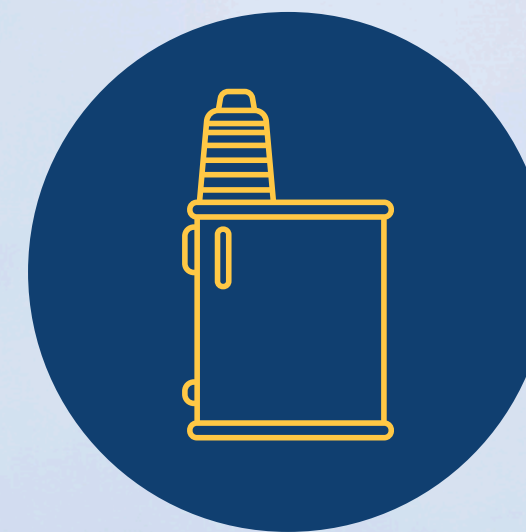
Information from 90 studies



Involving 29000+ participants



More people stop smoking for at least 6 months using nicotine e-cigarettes than nicotine replacement therapy. Nicotine e-cigarettes probably help more people stop smoking than non-nicotine e-cigarettes, and may work better than no support for quitting smoking, or than behavioural support alone.



Levels of carbon monoxide are significantly lower among people who stop smoking using e-cigarettes than among people who continue to solely smoke combustible cigarettes or people who use e-cigarettes while continuing to smoke.



54% of people using e-cigarettes to stop smoking are still using e-cigarettes at 6 months.



Nicotine e-cigarettes do not appear to be associated with serious unwanted effects in the short-term. More studies assessing e-cigarette use for longer are needed to investigate their long-term safety.