

# Interventions for quitting vaping: Cochrane Living Systematic Review

What does the evidence tell us so far?

## Key findings



**Review first published in 2025**



**Information from 9 studies**



**Involving 5000+ participants**



Text message-based interventions may help young people to stop vaping when compared to no or minimal support; however, more evidence is needed.



We don't know whether other interventions can help people to stop vaping for six months or more.



Varenicline may help people to stop vaping when compared to no or minimal support; however, more evidence is needed.



We need more information on potential harms of interventions and whether they cause people to return to, or take up, smoking tobacco