

The mental health status of E-cigarette users in Hulu Langat District, Selangor

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Track: Health

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ABSTRACT

Introduction: Background: This study explores the mental health status of e-cigarette users and associated factors. **Materials and Methods:** A cross-sectional study was conducted among 303 e-cigarette users in Hulu Langat, Selangor, using the DASS-21 questionnaire. Multivariate logistic regression was applied to analyze associated factors. **Results:** Prevalence rates for depression, anxiety, and stress were 11.9%, 21.5%, and 10.6%, respectively. Factors associated with mental health outcomes included experimentation, withdrawal symptoms, exposure to promotions, and beliefs about e-cigarette efficacy in smoking cessation. **Conclusion:** E-cigarette users experience varying levels of psychological distress. Addressing withdrawal symptoms and promoting ethical marketing practices are crucial for sustainable community mental health.

Keywords: Depression, Anxiety, Stress, E-Cigarettes, Mental Health