

Parental strategies and challenges in addressing adolescent E-cigarette Use: A qualitative study in Kuala Selangor, Malaysia

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ABSTRACT

Introduction: E-cigarette use is rising among Malaysian adolescents, raising concerns about long-term health effects. Parental intervention plays a crucial role in prevention, yet little is known about the strategies parents employ or the challenges they encounter. **Aim:** This study aims to explore parental interventions and approaches to cease adolescent e-cigarette use and identify challenges they face in implementation. **Materials and Methods:** A qualitative study was conducted utilizing semi-structured interviews were conducted with 14 parents of adolescents who vape, residing in Kuala Selangor, Malaysia, between April and June 2023. Data was collected via online meetings on the Google Meet platform. Information on the parents' characteristics was gathered during the interview sessions, while their identity was kept confidential through the use of pseudonyms. Data were analyzed thematically using NVivo software to identify emerging patterns and themes. **Results:** Three primary parental intervention strategies were identified: 1) verbal personalized counselling, 2) direct intervention (e.g., displacement strategy, diversion and curfew imposition), and 3) third-party involvement, such as seeking support from close friends or extended family members and relatives. However, parents encountered several challenges, including the adolescent's growing sense of independence, the easy accessibility of e-cigarettes, and environmental influences such as peer pressure and social norms. **Conclusion:** The findings underscore the vital role of parental involvement in prevention efforts and highlight the need for comprehensive support through education, policy development, and community collaboration. Strengthening these domains may enhance parent's ability to effectively reduce adolescent e-cigarette use. Furthermore, recognizing the barriers could guide stakeholders including parents, public health advocates and policy makers in designing a targeted framework to safeguard the health of our future generations.

Keywords: E-Cigarette, Smoking Cessation, Parental Interventions, Adolescent Health