



**"Promoting Tobacco Cessation for Individuals with Mental Health Diagnoses: Current Research and Path to NCI K99/R00 "**

**Presentation by: Dr. Julie Martin**  
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**Date: Tuesday, April 28th, 2026**

**Time: Noon - 1:00 PM**

**Room: LEC 303 or Zoom**



**Zoom**



## **Abstract**

Emerging evidence has linked e-cigarette use to biomarkers of cancer and while long-term health burdens of e-cigarette use are still unknown, a growing concern is the bidirectional relationship between the use of e-cigarettes and poor mental health outcomes. Young adults make up the largest population of e-cigarette users, with most having no prior tobacco use. Along with high rates of e-cigarette use, young adults also experience the highest prevalence of any mental illness at 36.2%, with anxiety and mood disorders being prominent diagnoses. Over 50% of young adult e-cigarette users voice a desire to quit but mental health benefits like stress reduction have been noted as a barrier to cessation. In this presentation, Dr. Martin will discuss current strategies for tobacco cessation among young adults and those with mental health diagnoses. In addition to the current research, she will also present her training and research plans for a NCI K99/R00 submission focused on the development of a smartphone app to reduce rates of e-cigarette use among young adults with mood and anxiety disorders.