

# INSIGHTS IN YOUR INBOX

Thought-provoking findings from KDHRC's analysis of original data with new reports shared bi-weekly. Today's findings are from the VAYPS (Vaping Attitudes Youth Perspectives Survey) dataset.



## QUESTION

What is the relationship between vaping status, self-control, and leadership?

## THE BOTTOM LINE

Never-users self-reported the highest rates of self-control yet the lowest perceptions of being a leader.

## QUICK FINDINGS

Using a sample of survey data collected in May 2020 from 1,100 youth, aged 13 to 17, across the United States, we found that never-users report a particular set of self-described attributes in comparison to their peers -- the highest levels of perceived self-control, lowest perception of leadership traits, and lowest reported risk-taking. For example:

- In a surprising array, perceptions of being able to control one's own behaviors and activities were highest among never-users but second-highest among regular-users.
- Non-users (7.5) reported the lowest perceptions of self-control compared to never-users (8.4), light-users (8.0), and regular-users (8.2).
- Regular-users (7.4) were significantly more likely to consider themselves a leader compared to never-users (6.1), non-users (6.2), and light-users (6.5).
- Perceptions of being a risk-taker were significantly higher for regular-users than for all other profiles.

## ABOUT KDHR RESEARCH & COMMUNICATION

KDH Research & Communication provides timely dissemination of new research in public health and social services fields. Our mission is to produce and disseminate creative, science-based programs that improve the health and well-being of the nation's youth, family, and communities.

To learn more about the methodology behind the VAYPS project, please review the title page found [here](#). For more information about methodology or findings, contact our data analyst Andrew Simkus at [asimkus@kdhrc.com](mailto:asimkus@kdhrc.com). To read other findings, go to <https://www.kdhrc.com/news>.

## REFERENCES

1. Stickley A, Koyanagi A, Kuposov R, Schwab-Stone M, Ruchkin V. Loneliness and health risk behaviours among Russian and U.S. adolescents: a cross-sectional study. *BMC Public Health*. 2014;14:366. Published 2014 Apr 16. doi:10.1186/1471-2458-14-366
2. London R., Ingram D. Social isolation in middle school. *School Community Journal*. 2018, 28:1, 107-127. <https://files.eric.ed.gov/fulltext/EJ1184924.pdf>

## WHY IS THIS IMPORTANT?

As pressure from outside sources like peers and social media increases, youth are exposed to vapes more often, making it harder for susceptible youth to resist vape initiation (IIYI Vols. 4 & 5). Elements such as self-control, risk-taking, and leadership may be associated with degree of vape use, so it is crucial to explore these relationships and determine if these variables relate to vaping behaviors.

Additionally, regular-users were more likely to identify themselves as a leader than the other profiles, which is aligned with regular-users in this study, making up the largest percentage of youth involved in at least 3 hours of academic clubs and organized sports each day (IIYI Vol. 8). Could regular-users also be heavily involved in school leadership? If so, this finding differs from many years of drug abuse research suggesting that social isolation is more predictive of drug use<sup>1,2</sup>. Concurrently, never-users were least likely to consider themselves a leader, which may be because that group has the youngest mean age – meaning this is a developmental finding rather than a drug risk finding. Never-users were most confident in avoiding vaping and had the highest self-control rating, so it is imperative to explore further the reasons for the self-assurance and how to instill those principles in other youth besides never-users.

### SELF-REPORTED VIEWS OF SELF

THE GRAPH BELOW SHOWS THE AVERAGE REPORTED RATINGS FROM AN 11-POINT SUBJECTIVE SCALE (0-10) FOR SELF-REPORTED VIEWS OF SELF. GRAPH RESULTS ARE FROM TWO-SAMPLE T-TESTS CONDUCTED BETWEEN EACH PROFILE COMPARISON.

