

Supplementary File 1: Survey Instrument (Semester 2, 2025)

Nicotine and Vaping Products Pulse Survey S2-2025

Start of Block:

Thank you for talking with one of our **Student Champions** and taking part in this campaign!

We're working together with VicHealth to better understand vaping and nicotine use among young adults, and to share information from their campaign, **UNCLOUD**, with the Monash University community.

As part of the campaign, we are asking Monash University students aged 18-25 a few quick questions about vaping and nicotine. At the end we'll ask you to watch a short (15 second) video about the health impacts of nicotine. **As a thank you, a Student Champion will provide you with a voucher to enjoy a hot drink from Sammy's Café (Clayton, Caulfield, Parkville) or Flipboard (Peninsula, Caulfield).** At any point you are able to talk to your Student Champion about the questions in the survey or the content of the video, and there are links to find out more information if you need it.

It's a university. We're wanting to do some research - we get excited by data! Doesn't everyone?

If you would like to learn more about the research, [click here](#) to read the Explanatory statement. Our Student Champions have hard copies on hand or we can email or airdrop a copy to you if you prefer. The Explanatory Statement provides details about the purpose of the research, what participation involves, and how your data will be used.

If you're happy to go ahead and answer a few questions please click the big blue arrow below!

By clicking the arrow, you confirm that you have read the Explanatory Statement, understand what the study involves, and agree to participate voluntarily. You may withdraw at any time without penalty. Your responses will be kept confidential and stored securely. No identifying information will be linked to your survey answers.

If you require assistance completing this survey or need it in an alternative format, please speak with a Student Wellbeing Champion.

Please confirm whether you are within the age range of 18-25 years old. If you are not within this age range, please tell your Student Champion.

- 18-19 (1)
- 20-21 (2)
- 22-23 (3)
- 24-25 (4)
- I am not within this age range (5)

Skip To: QID55 If Please confirm whether you are within the age range of 18-25 years old. If you are not within thi... = I am not within this age range

Display this question:

If please confirm whether you are within the age range of 18-25 years old. If you are not within thi... = I am not within this age range

Unfortunately, you don't meet the inclusion criteria for participation in the survey this time. But you can get the facts about vaping, including how to get help or how to give help to others by heading to VicHealth's Uncloud website. You can also learn more about what Monash University is doing to help keep our campuses smoke and vape free by visiting our project website here!

Skip To: End of Survey If Unfortunately, you don't meet the inclusion criteria for participation in the survey this time. Bu... Displayed

Page Break

Display this question:

If please confirm whether you are within the age range of 18-25 years old. If you are not within thi... != I am not within this age range

Participant ID `{e://Field/ParticipantID}`

This survey won't take long. First up, let's get through the basics. Ready? Hit that big blue arrow on the right and let's start!

Page Break

Demographics:

What gender do you identify with?

- Man (1)
 - Woman (2)
 - Non-binary / third gender (3)
 - My gender identity is not listed. I identify as (4)
-

- I'd prefer not to say (5)

Are you of Aboriginal or Torres Strait Islander Origin?

- Yes (1)
- No (2)
- Prefer not to say (3)

Please select your residency status:

- Domestic student (1)
- International student (2)

Which Faculty is your degree primarily a part of?

▼ Art, Design Architecture (1) ... Science (10)

Page Break

Nicotine and Vaping product use:

Q30 You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the following heated or inhaled nicotine products? Select all that apply

- Disposable Vapes (e.g., Puff Bar, Lost Mary) (1)
- Rechargeable Vapes / Pod Systems (e.g., JUUL, Vuse, RELX) 2)
- Combustible cigarettes (Regular Tobacco Cigarettes (e.g., Winfield, Marlboro) (3)
- Shisha / Water Pipe (4)
- I haven't used any heated or inhaled nicotine products in the past 30 days (6)

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = Disposable Vapes (e.g. Puff Bar, Lost Mary)

Q31, you indicated above that you have used Disposable Vapes (e.g., Puff Bar, Lost Mary) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
 - From time to time (once or twice a week) (2)
 - Often (most days) (3)
 - Very often (daily) (4)
-

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = Rechargeable Vapes / Pod Systems (e.g., JUUL, Vuse, RELX)?

Q33, you indicated above that you have used Rechargeable Vapes / Pod Systems (e.g. JUUL, Vuse, RELX) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = Combustible cigarettes (Regular Tobacco Cigarettes (e.g. Winfield, Marlboro)

Q34, you indicated above that you have used Combustible cigarettes (Regular Tobacco Cigarettes (e.g., Winfield, Marlboro) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = Shisha / Water Pipe?

Q35, you indicated above that you have used Shisha / Water Pipe in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Page Break

Q36 In the past 30 days, have you used any of the following non-heated nicotine products (not smoked or vaped)? Select all that apply

- Nicotine pouches (e.g., Zyn, VELO, KLINT, NIX) (1)
 - Nicotine Gummies or Chews (e.g., Lucy, Rogue) (2)
 - Nicotine Lozenges or Gum (e.g., Nicorette, Habitrol) (3)
 - Nicotine Sprays or Patches (e.g., Nicabate Patch) (4)
 - Other product (please describe the product briefly e.g., brand name or type) (5)
-
- I haven't used any non-heated nicotine products in the past 30 days (6)

Display this question:

If in the past 30 days, have you used any of the following non-heated nicotine products (not smoked... = Nicotine pouches (e.g. Zyn, VELO, KLINT, NIX)

Q37, you indicated above that you have used Nicotine pouches (e.g., Zyn, VELO, KLINT, NIX) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Display this question:

If in the past 30 days, have you used any of the following non-heated nicotine products (not smoked... = Nicotine Gummies or Chews (e.g. Lucy, Rogue)

Q38, you indicated above that you have used Nicotine Gummies or Chews (e.g., Lucy, Rogue) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Display this question:

If in the past 30 days, have you used any of the following non-heated nicotine products (not smoked... = Nicotine Lozenges or Gum (e.g. Nicorette, Habitrol)

Q39, you indicated above that you have used Nicotine Lozenges or Gum (e.g., Nicorette, Habitrol) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Display this question:

If in the past 30 days, have you used any of the following non-heated nicotine products (not smoked... = Nicotine Sprays or Patches (e.g., Nicabate Patch)

Q40, you indicated above that you have used Nicotine Sprays or Patches (e.g., Nicabate Patch) in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
 - From time to time (once or twice a week) (2)
 - Often (most days) (3)
 - Very often (daily) (4)
-

Display this question:

If in the past 30 days, have you used any of the following non-heated nicotine products (not smoked... = Other product (please describe the product briefly e.g. brand name or type)

Q41, you indicated above that you have used an alternate non-heated nicotine product in the past 30 days, how often did you use this product?

- Rarely (once or twice in the month) (1)
- From time to time (once or twice a week) (2)
- Often (most days) (3)
- Very often (daily) (4)

Page Break

Are there other products, similar to these that may contain nicotine, that you are aware of, or have seen your friends or family members using recreationally (i.e., not for smoking cessation?) This helps us identify new or emerging nicotine products not yet listed.

Page Break

Perceptions, Attitudes, and Susceptibility

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = I haven't used any heated or inhaled nicotine products in the past 30 days?

Have you ever been curious about using e-cigarettes or vapes?

- Not at all curious (1)
 - A little curious (4)
 - Somewhat curious (5)
 - Very curious (6)
-

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = I haven't used any heated or inhaled nicotine products in the past 30 days?

If one of your best friends were to offer you an e-cigarette or vape, would you use it?

- Definitely Not (2)
 - Possibly (3)
 - Probably (4)
 - Definitely yes (5)
-

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... = I haven't used any heated or inhaled nicotine products in the past 30 days?

Do you think you will try an e-cigarette or vape soon?

- Definitely Not (1)
- Possibly (2)
- Probably (3)
- Definitely yes (4)

Page Break

Vaping is common amongst my peer group

- Strongly disagree (1)
- Somewhat disagree (2)
- Neither agree nor disagree (3)
- Somewhat agree (4)
- Strongly agree (5)

Page Break

Awareness and Exposure to Health campaigns:

Let's look at those videos we mentioned at the start. Please select which 15 second video you wish to watch below.

- Second hand exposure to vaping (4)
- What happens when you get addicted to nicotine (5)
- What is "Nic Sic"? (6)
- Where to go for help and advice if you are worried about vaping (9)

Display this question:

If let's look at those videos we mentioned at the start. Please select which 15 second video you wis... = Second hand exposure to vaping

Important: These videos have sound. Before making your selection, make sure your phone's volume is turned on and turned up.

Page Break

Display this question:

If let's look at those videos we mentioned at the start. Please select which 15 second video you wis... = What happens when you get addicted to nicotine

Important: These videos have sound. Before making your selection, make sure your phone's volume is turned on and turned up.

Page Break

Display this question:

If let's look at those videos we mentioned at the start. Please select which 15 second video you wis... = What is "Nic Sic"?

Important: These videos have sound. Before making your selection, make sure your phone's volume is turned on and turned up.

Display this question:

If Let's look at those videos we mentioned at the start. Please select which 15 second video you wis... = Where to go for help and advice if you are worried about vaping

Q45 Important: This video doesn't have sound, please read subtitles.

Page Break

Did you like the tone and style of the UNCLOUD campaign video?

- Yes (1)
- No (2)
- Not Sure (3)

Did you feel positive about the UNCLOUD campaign and the messages it is communicating?

- Yes (1)
- No (2)
- Not Sure (3)

Did this video change how you think about vaping?

- Yes (1)
 - No (2)
 - Not Sure (3)
-

Page Break

Cessation Intention and Behaviour change

Display this question:

If You're doing GREAT! Let's get straight to it! In the past 30 days, have you used any of the follo... != I haven't used any heated or inhaled nicotine products in the past 30 days

And In the past 30 days, have you used any of the following non-heated nicotine products (not smoked... != I haven't used any non-heated nicotine products in the past 30 days

You indicated that you currently use vapes or another nicotine product often or very often, do you have any intention of stopping your use?

- Yes (1)
 - Maybe (2)
 - No (3)
-

Display this question:

If You indicated that you currently use vapes or another nicotine product often or very often, do yo... = Yes

Or You indicated that you currently use vapes or another nicotine product often or very often, do yo... = Maybe

If you have any concerns about, you're vape use, or the use of other nicotine products, and would like to talk to someone about what you can do to cut back or quit, the following resources are available to you: Quit Victoria, Health Direct to access health advice, and the University Health Services to book an appointment on campus.

What would your future self think about your responses today? Enter yourself into a prize draw to **win a \$250 e-gift card** for answering a short survey like this one in the future. We would love to find out about your thoughts about vaping and nicotine use in the future!

- Enter Prize Draw (1)
- Not today, thank you! (This will close the survey) (2)

End of Block:
