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**ELECTRONIC-CIGARETTES (E-CIGARETTES) IN GERMANY - A SMOKING CESSATION AID?**

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**Introduction:** The use of an electronic-cigarette (e-cigarette) resulted in some previous studies in reduction and cessation of conventional cigarette smoking. This study aims to examine the reasons of using e-cigarettes instead of and in addition to conventional cigarettes in Germany. Furthermore it is determined to what extent e-cigarettes are used as a smoking cessation tool.

**Method:** A cross-sectional study was conducted. The I-Change Model was used as theoretical framework and existing questionnaires were used to build up the present questionnaire. 320 Smokers participated in the study, divided in three groups: E-cigarette smokers (e-smokers) (33%), conventional cigarette smokers (c-smokers) (37%) and smokers of both cigarettes (b-smokers) (30%). Pearson Chi Square tests and analyses of variance were used to assess differences among the group of smokers on demographic variables, smoking behaviour and the constructs of the I-Change Model.

**Results:** About half of the e-cigarette users used the e-cigarette in addition to c. cigarettes and the other half instead of c. cigarettes. E-cigarette users were most often men, were less addicted to nicotine and had a higher motivation to stop smoking than c-smokers. E-smokers reported a more positive health and had a lower carbon monoxide concentration compared to c-smokers. E-smokers had a higher self-efficacy in terms of being abstinent from c. cigarettes in certain situations.

**Discussion:** The results confirmed most of the hypotheses and also important results of previous studies. In addition, a well-conducted randomized-control trial is needed to confirm the efficacy of e-cigarettes as a smoking cessation aid.