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Who and how is using novel nicotine and tobacco products in Sweden? A follow-up study of young adults (UNIKA study)

Submission date
30/07/2026

Recruitment status
Recruiting

Registration date
08/09/2026

Overall study status
Ongoing

Last Edited
08/09/2026

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
The use of non-combustible nicotine and tobacco products, particularly e-cigarettes and nicotine pouches, has increased rapidly among young people in Sweden. However, there is limited information about why young people use these products, how patterns of use change over time and the potential effects on health.

This study aims to investigate the use of non-combustible nicotine and tobacco products among young people in Sweden. Researchers will examine patterns of use, reasons for starting or stopping use, social and lifestyle factors associated with use, and levels of nicotine exposure.

Who can participate?
Young people aged 16 to 29 years who live in Sweden, can read and write Swedish, and are willing to provide informed consent to take part in the study.

What does the study involve?
At least 2,500 participants will be recruited from across Sweden.
Participants will complete a questionnaire at the start of the study and a follow-up questionnaire approximately one year later.

Researchers will collect information on:
Use of nicotine and tobacco products such as e-cigarettes and nicotine pouches
Reasons for starting, continuing or stopping use
Social and lifestyle factors that may influence use
Health and healthcare use

The study will also use information from registers and laboratory measurements. Some participants will provide saliva samples to measure nicotine exposure. Participants may also be asked whether they are willing to take part in future studies involving clinical health assessments.

What are the possible benefits and risks of participating?
Participants are unlikely to receive any direct benefit from taking part. However, the findings may improve understanding of nicotine and tobacco product use among young people and help inform future public health policies and prevention strategies.

The risks associated with participation are expected to be minimal and mainly relate to the time required to complete questionnaires and provide saliva samples.

Where is the study run from?
Karolinska Institutet and collaborating centres in Sweden.

When is the study starting and how long is it expected to run for?
September 2026 to December 2028.

Who is funding the study?
Swedish Research Council for Health, Working Life and Welfare (FORTE), Sweden.

Who is the main contact?
Professor Maria Rosaria Galanti, rosaria.galanti@ki.se.

Contact information

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Principal investigator, Scientific

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Study information

Scientific Title
Use of non-combustible nicotine and tobacco products among young adults in Sweden. A longitudinal study on behavioral patterns, motivation to use and nicotine exposure (UNIKA study)

Acronym
UNIKA

Study objectives
The study aims to clarify:
1. Behavioral patterns (initiation, escalation, quitting, substitution) of non-combustible nicotine or tobacco products (NC NT) use in a national sample of youths
2. Motives for initial NC NT use, continuation or discontinuation, including social influences
3. Socio-demographic and psycho-social (e.g., perceived health,health care use, social network) predictors of use and of
discontinuation of NC NT
4. The estimated dose of nicotine corresponding to different individual profiles of NC NT use

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 08/06/2026, Swedish Ethical Review Authority (Etikprövningsmyndigheten Box 2110, Uppsala, 750 02, Sweden; +46 10 4750800; registrator@etikprovning.se), ref: 2026-03526-01

Primary study design
Observational

Secondary study design
Longitudinal study

Study type(s)

Health condition(s) or problem(s) studied
Use of non-combustible nicotine and tobacco products (NCNT)

Interventions
This is a population-based longitudinal study with a baseline assessment and one follow-up point. It aims to enroll a sample of at least 2500 individuals of both genders who are between 16 and 29 years of age at baseline.
The recruitment will be pursued through several approaches including random sampling of the relevant population, as well as convenience sampling from clients of the Swedish National

Tobacco Quitline (Sluta Röka Linjen) and of the public dentistry clinics (Folktandvården), or through media. The data collection will combine questionnaire- and register-based information as well as laboratory measurements. Approximately one year after the baseline assessment the participants will be re-surveyed.

Intervention Type
Other

Primary outcome(s)
1. Current use of NCNT measured using self-reported past 30-day use of NCNT at baseline and 1-year follow-up

Key secondary outcome(s)
1. Initiation of use of NCNT measured using self-reported in questionnaire at 1-year follow-up

2. Cessation of use measured using self-reported in questionnaire at 1-year follow-up

3. Nicotine dependence from NCNT measured using self reported in questionnaire (scale) at baseline and 1-year follow-up

4. Average dose of absorbed nicotine from NCNT measured using an ELISA to quantify cotinine in saliva at baseline and/or 1-year follow-up

Completion date
31/12/2028

Eligibility

Key inclusion criteria
1. Age 16-29 years
2. Resident in Sweden
3. Able to understand and write the Swedish language
4. Providing informed consent to be included in the study

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
16 Years

Upper age limit
29 Years

Sex
All

Total final enrolment

0

Key exclusion criteria
1. Not resident in Sweden at enrolment
2. Inability to read and/or write the Swedish language
3. Not providing explicit consent to be included in the study

Date of first enrolment
01/09/2026

Date of final enrolment
31/08/2027

Locations

Countries of recruitment
Sweden

Study participating centre
University of Gothenburg (Sweden)
Gothenburg
Sweden

Study participating centre
Centre for Epidemiology and Community Medicine, Region of Stockholm
Stockholm
Sweden

Sponsor information

Organisation
Karolinska Institutet

ROR
https://ror.org/056d84691

Funder(s)

Funder type

Funder Name
Forskningsrådet för hälsa, arbetsliv och välfärd

Alternative Name(s)
Swedish Research Council for Health, Working Life and Welfare, Forskningsrådet om Hälsa, Arbetsliv och Välfärd, FORTE

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Sweden

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available