

Review of: "Exploring the Experiences and Perceptions of Young People's Recreational Nitrous Oxide Use"

Gönül Dinç Horasan

Potential competing interests: No potential competing interests to declare.

Exploring the Experiences and Perceptions of Young People's Recreational Nitrous Oxide Use

The qualitative study investigated the experiences and perceptions of young people who use N₂O recreationally. Though the number of participants is quite small, it is discussed as a limitation of the study. Please see my recommendations below:

1. It would be appropriate to remove some of the participants' statements as they may be motivating to the readers (see below). This will not be a problem since the content of the statements is also summarized in the paper.

I would never do nangs by themselves because it would be a lot more fun and a lot more intense if you were on other substances...it feels like it lasts longer, the visual effects are more. Compared to like if you do it sober...it's a lot more dull (#4).

Additional methods participants described to extend the short-lived euphoric effects of N₂O, including "chaining" (#6), or unremittingly breathing N₂O through a series of balloons:

You do the nang and as you're breathing in and out, you get someone to load a second one for you...don't take a breath, and then go to the second one. And you can go for as long as you want. I guess it's stronger...it just keeps you in that peak state longer" (#6).

You can put a few in one balloon, so you could do three at once...it just makes it last longer and the feelings are more intense...the more you do, the quicker you lose oxygen, and there's been times where I've gone really blue you're pretty much passing out (#2).

I guess I will smoke pot when I'm alone. And I will drink when I'm alone. But I wouldn't do nangs alone...I kind of like how social it is...nangs are bringing us together (#1).

You'd kind of all just do it at the exact same time together... You always wait for like the perfect part of a song or do it to a specific song that everyone would agree on (#4).

1. There is only one female participant. The researchers should discuss this as a limitation of the study. The results might be different if they had more female participants. The researchers should search the literature

for female users' experiences and discuss their results accordingly.

2. The researchers did not ask the participants' intention to quit. This should be added as a limitation.
3. N2O is written in different formats in some places of the paper; it should be N2O.