

## **FACT SHEET: TOBACCO AND MENTAL HEALTH**

1. Rates of smoking are two to four times higher among people with psychiatric disorders and substance use disorders.<sup>1</sup>
2. Among current smokers, the most common ever history of mental health diagnoses are: alcohol abuse, major depression, substance abuse, and anxiety disorders (simple phobias and social phobias).<sup>2</sup>
3. When seeking mental health treatment, heavy smokers report substantially poorer well-being, greater symptom burden, and more functional disability compared to nonsmokers.<sup>3</sup>
4. Public mental health clients have a higher relative risk of death than the general population, due in part, to high rates of tobacco use.<sup>4</sup>
5. Quit rates among smokers with a past history of major depression and simple phobias are similar to smokers without this history.<sup>1</sup>
6. The National Comorbidity Survey in the US showed patients with psychiatric disorders smoke at a twice higher rate than those without psychiatric disorders (41% vs. 22.5%).<sup>5</sup>
7. The US smoking prevalence in 1999: 23% in healthy people, 36% in patients with social phobia, 46% in generalized anxiety disorder, 37% in major depression, and 69% in bipolar disorder.<sup>5</sup>
8. A cross-sectional study conducted in 56,000 elderly over 65 years old in Hong Kong found out that current smokers, both men and women, were 50% more likely to suffer from depressive symptoms than never smokers.<sup>6</sup>
9. Students with high levels of depressive symptoms were 50% more likely to be a smoker at follow-up than those with low levels of depressive symptoms.<sup>7</sup>
10. Schizophrenia patients were also more likely to be heavy smokers and to be dependent on nicotine.<sup>8</sup>
11. Schizophrenia patients perceived a lot of positive effects of smoking, and smoking is used as self-treatment of psychological symptoms.<sup>5</sup>

### **References:**

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