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Tobacco and Depression: The Connection

For years, the question of whether tobacco use and depression coincide has been unanswered. Within the past few years numerous research studies have taken on this debate and have wound up with some shocking answers. In a 2010 study by Boden et al, results showed a cause-effect relationship between tobacco smoking and depression. More specifically, tobacco use increased the risk of depression symptoms among study participants. The cohort study determined this cause-effect relationship by focusing on depression symptoms among current smokers, former smokers (had obtained 6 months of tobacco abstinence), and never smokers. Each smoker completed a self-report questionnaire, followed by depression testing using the Beck Depression Inventory (BDI). Compared to both former smokers and never smokers, more current smokers had a BDI of >15, which indicates depressive symptoms. The results also showed that the average BDI scores were significantly higher in current smokers with a mean of 7.4, versus former smokers (mean of 5.0) and never smokers (mean of 5.2). The cross-sectional study article states "Our preliminary results are consistent with these findings, suggesting that former smokers have a better mood than current smokers. If confirmed in future follow-up studies, this evidence will certainly stimulate new approaches for smoking prevention in adolescence and smoking cessation techniques for adults. If smokers can be reassured that their mood may actually improve after smoking cessation, once the withdrawal syndrome has ended, this knowledge could motivate patients in their attempts to quit."

Not only is there research to suggest that tobacco use causes depression, there is research that proves tobacco withdrawal leads to depression, as well. According to a study conducted at the University of

Minnesota Psychiatry and Epidemiology Department, 25% of current smokers who have the desire to quit actually succeed. Tobacco users become physiologically reliant on tobacco, that when usage discontinues tobacco withdrawal symptoms begin to occur. This study showed that individuals who discontinued use of tobacco had a decreased level of activity and reaction time, while having an increase in caloric intake and even tremors, following their quit attempt. Individuals with tobacco withdrawal may experience some or all of these symptoms of depression. Presenting this information to a tobacco user may deter their desire to quit in order to avoid depression and related symptoms. However, these symptoms only last for a short time. Since the body has become accustomed to a nicotine influx every day that when a tobacco user decides to quit, the body must make physical changes since it is no longer receiving nicotine; this is where the withdrawal symptoms emerge.

Current tobacco users have displayed a higher prevalence of depression than former smokers, as proven in the first study. Although quitting may cause depression, the severity is much less than the depression caused from ongoing tobacco use. The duration of depression is also much shorter in a quitter than in a current smoker.

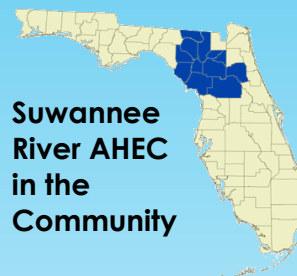
References:

- dos Santos, V. A., & Migott, A. M. Tobacco smoking and depression. *The British Journal of Psychiatry*, 413-414. Retrieved July 28, 2014, from <http://bjp.rcpsych.org/content/197/5/413.full.pdf+html>
- Hatsukami, D., Hughes, J., Pickens, R., & Sviki, D. Tobacco withdrawal symptoms: An experimental analysis. *Psychopharmacology*, 84, 231-236. Retrieved July 27, 2014, from <http://link.springer.com/article/10.1007/BF00427451#page-1>

Suwannee River AHEC conducts two types of free tobacco cessation classes: Tools to Quit and Quit Smoking Now. Both have been shown to be effective and offer free nicotine replacement therapy. Please contact us at 866-341-2730 for information on classes.

"Although withdrawal can be uncomfortable and some people may feel high levels of symptoms, there is no health danger from nicotine withdrawal. In fact, quitting smoking is the best thing you can do for your health. Even extreme withdrawal symptoms will fade in a week or so."

Smokefree.gov



Suwannee River AHEC in the Community

We serve the 12 counties of...

- > Alachua
- > Bradford
- > Columbia
- > Dixie
- > Gilchrist
- > Hamilton
- > Lafayette
- > Levy
- > Marion
- > Putnam
- > Suwannee, and
- > Union!



August 2014

Calendar of Tobacco Cessation Programs



County	Start Date	End Date	Location
Alachua	08/03/14	08/31/14	QSN - GRACE Marketplace
Alachua	08/14/14	08/14/14	TTQ - North FL Cancer Center - Gainesville
Alachua	08/14/14	09/18/14	QSN - Newberry Library
Alachua	08/14/14	08/14/14	TTQ - Shands Live Oak
Alachua	08/20/14	08/20/14	TTQ - Alachua County Health Dept.
Bradford	08/19/14	08/19/14	TTQ - Bradford County Library, Starke
Columbia	08/09/14	08/09/14	TTQ - Lake City Medical Center
Gilchrist	08/04/14	08/04/14	TTQ - Gilchrist County Library, Trenton
Hamilton	08/16/14	08/16/14	TTQ - Jasper Public Library
Lafayette	08/14/14	08/14/14	TTQ - Lafayette County Library, Mayo
Putnam	08/27/14	08/27/14	TTQ - Putnam Community Medical Ctr.
Suwannee	08/14/14	08/14/14	TTQ - Shands Live Oak
Union	08/09/14	08/09/14	TTQ - Union County Library (Lake Butler)

Combination Nicotine Replacement Therapy: A better chance quitting for good.

For highly addicted tobacco users who smoke 9 or more cigarettes / day OR
2 or more cans of smokeless tobacco / week.

For these highly addicted tobacco users only, a 4 week supply of nicotine replacement therapy is 2 boxes of patches and 2 boxes of gum or lozenges.

This offering comes after a change in the U.S. Department of Health and Human Services' Treating Tobacco Use and Dependence guidelines. For individuals who use tobacco at these levels, the guidelines indicate this combination of medications "may result in greater suppression of tobacco withdrawal symptoms than does the use of a single medication."

***Do you smoke?
Do you dip?
Do you want to
quit...
or quit again?***

Suwannee River AHEC holds free IQuit group counseling classes, **Quit Smoking Now (QSN)**, a six week program and a one time, two hour class called **Tools to Quit (TTQ)**.

Both programs cover all forms of tobacco from cigarettes, cigars, to smokeless tobacco.

Participants in the class receive support, guidance, and a free one month supply of nicotine replacement therapy, such as nicotine patches, lozenges, and gum.

To set yourself free from tobacco visit our website at **ahectobacco.com** or call toll-free **1-866-341-2730** to find a class near you.

Visit ahectobacco.com for more classes.

To register for a class or get more information about class times, call 1-866-341-2730.