Poster N°:

Titre : Taille 9 maximum

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Effect of therapeutic smoking cessation on depression level in a Tunisian population

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Introduction

Although tobacco cessation outcome in regards to physical health is well documented, less is known about how quitting smoking affects our mental health especially in developing countries where life is more difficult to manage due to social and economic harshness. In this context, We aimed to assess the impact of smoking cessation on anxiety level at the first contact and the end-point in a Tunisian population.

Methods

We carried out a quasi-experimental study in the Department of Preventive Medicine and Epidemiology in Fattouma Bourguiba Hospital in Monastir, Tunisia. We included patients who were admitted to the smoking cessation consultation setting at two period (from June to December 2019 and from January to June 2021). Follow up duration was the time between the first medical visit and the date of the telephone survey expressed in months. The baseline data was initially collected in the smoke cessation clinic during the first visit. Data at point date was collected by phone. During the phone survey we assessed the smoking status and the HAD-A. We analyzed anxiety score according to abstinence status. Thereafter, we added potential confounders in our analysis.

Results

Overall, 141 were included in the study. Successful cessation was confirmed for 23.4% of participants (N=33). After the smoking cessation program, HAD-A (Hospital Anxiety and Depression Scale- Anxiety) decreased significantly as well as in successful group G1 (p=0.049) and in unsuccessful group G2 (p=0.018). This decrease was not associated to FNDT (p=0.272 for G1 and p=0.486 for G2) and to the presence of previous attempts (p=0.539 for G1 and p=0.366 for G2). the majority 63% of unsuccessful quitters have become light smokers.

Discussion

In the present study we demonstrated a significant decrease in the HADS-A among the successful quitters. Consistently, In the meta-analysis led by Taylor et al., four studies reported significant decrease in anxiety from baseline to follow up (ranging from seven weeks to 12 months). Ten studies reported decrease in depression from baseline to follow-up, with follow up ranging from three months to six years.

Conclusion

Current results suggest that smoking cessation significantly improves patients' level of anxiety.

Table : depression level according to success in smoking cessation.

	All (N=141)	Group 1	Group 2	P
HAD_D initial: Mean (CI$_{95\%}$)	5.6 (5.02-6.22)	5.84 (5.09-6.4	4.85 (3.88-6.03)	0.158
HAD_D at survey Mean (CI$_{95\%}$)	5.13 (4.39-5.83)	6.08 (5.27-6.90)	2.06 (1.33-3.06)	< 0.001
Diff D	-0.48 (-1.21;0.29)	-2.79 (-3.79;-1.79)	0.24 (-0.61;1.17)	
Paired analysis	0.197	0.590	<0.001	

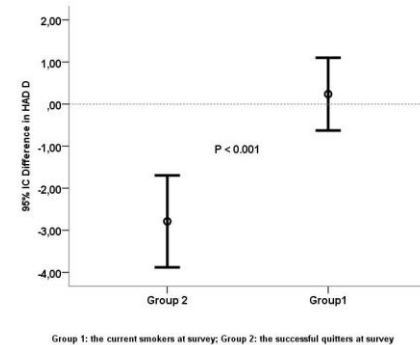Group 1: the current smokers at survey; Group 2: the successful quitters at survey

Figure: Difference of HAD D according to quitting success

Reference

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