

ASSOCIATION BETWEEN TOBACCO PRODUCT USE AND MENTAL HEALTH AMONG US ADULTS: FINDINGS FROM WAVE 3 (2015–2016) OF THE PATH STUDY

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Background

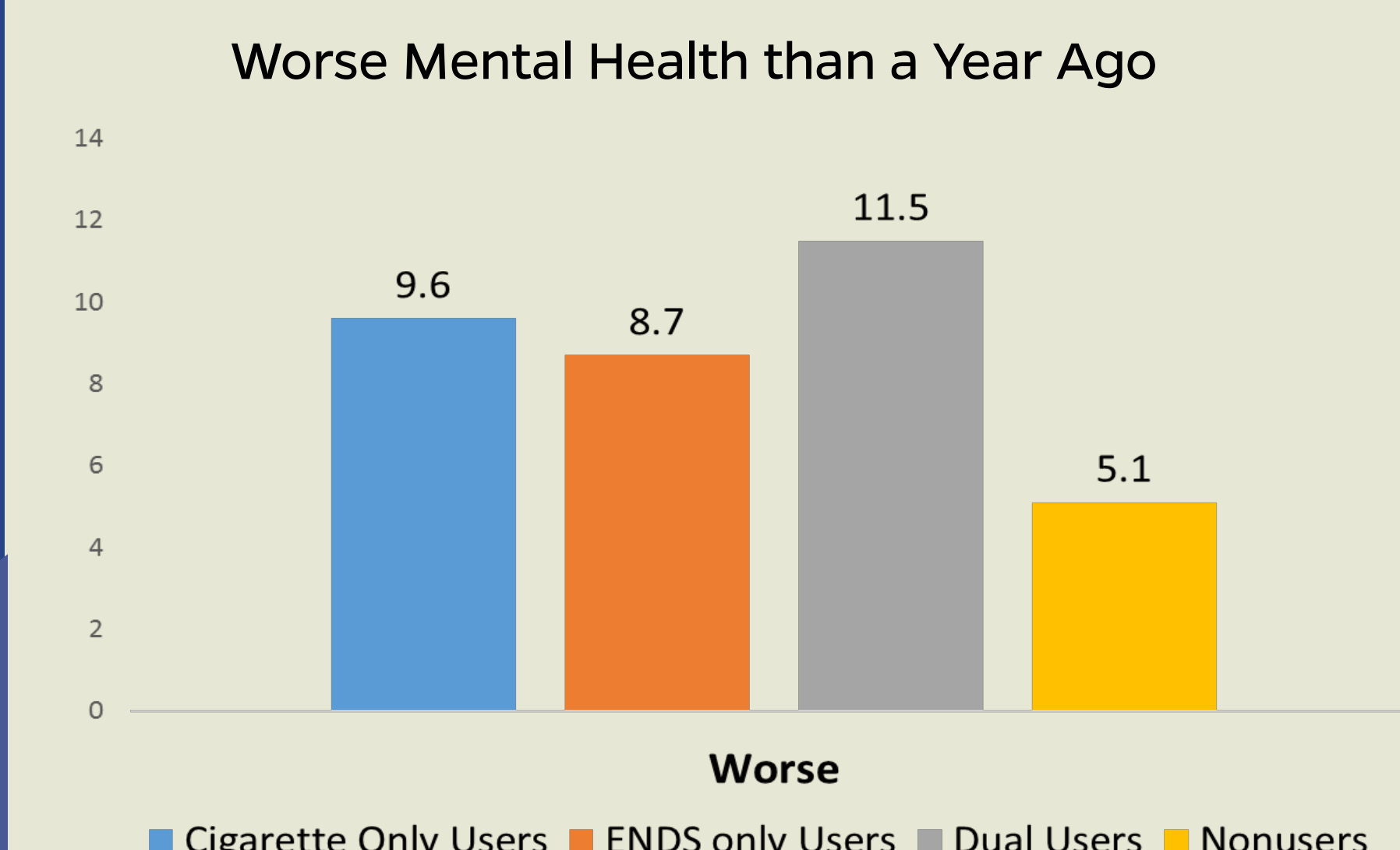
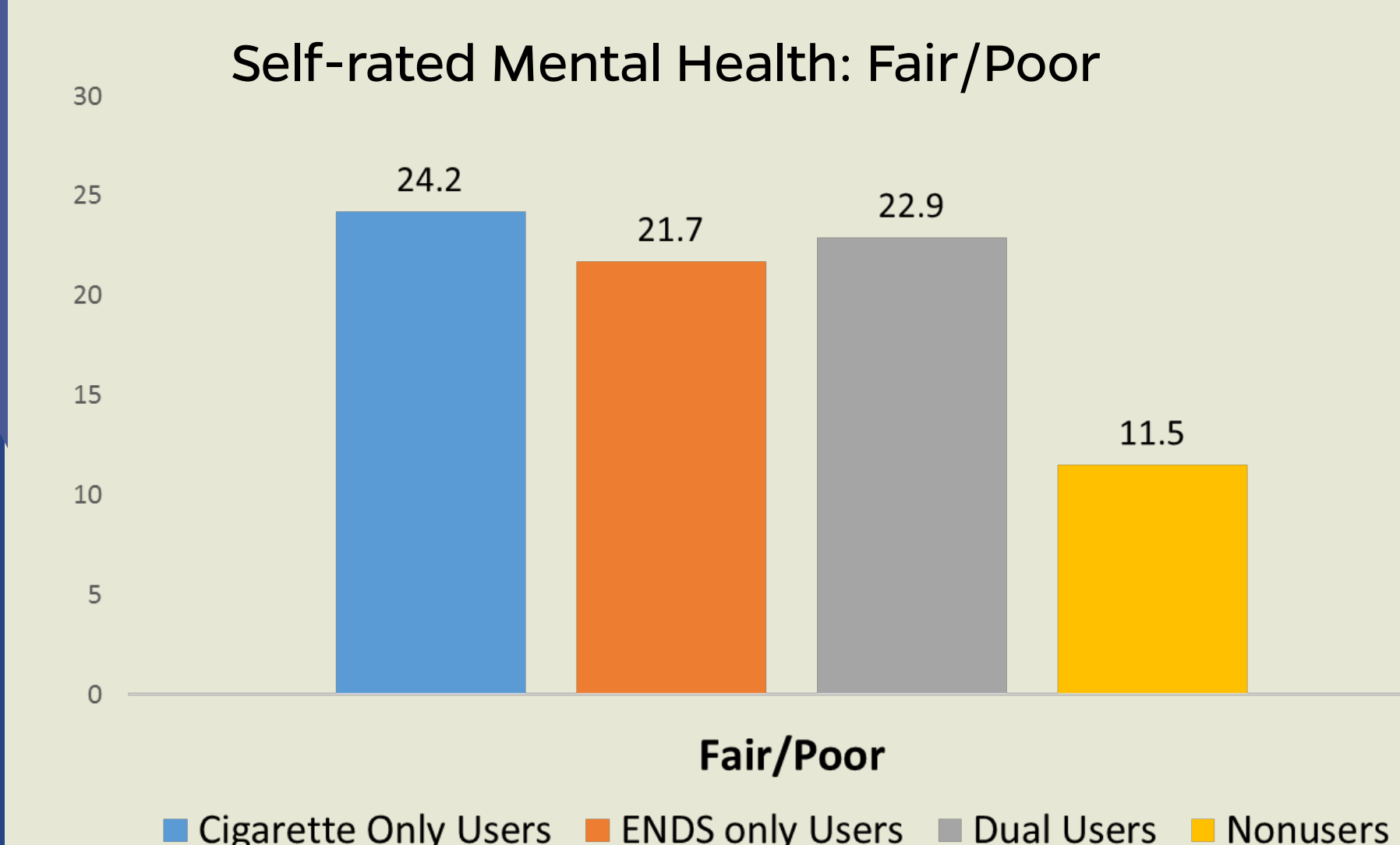
- There is sparse information on the association of ENDS use and mental health. This study evaluated associations between mental health outcomes and tobacco use

Methods

- Participants' mental health was evaluated with 2 questions: (1) "In general, how would you rate your mental health, which includes stress, depression, and problems with emotions?" (2) "Compared with 12 months ago, would you say your mental health is now better, worse, or about the same?"
- Established cigarette smokers: Adults who have smoked at least 100 cigarette in their lifetime, and currently use every day or some days
- Established ENDS users: Adults who have ever used ENDS fairly regularly and currently use every day or some days

Mental health problems are most common among adults who use cigarettes, ENDS or both product types.

Results



Fair/poor mental health-In general

Smoking Status	OR*	95%CI	
Non-user (Ref)	1		
Cig Only (n=5.045)	1.85	1.66	2.07
ENDS Only (n=483)	1.93	1.44	2.59
Dual Users (n=503)	1.85	1.46	2.31

Worse mental health-Compared to 12 months ago

Smoking Status	OR*	95%CI	
Non-user (Ref)	1		
Cig Only (n=6.066)	1.86	1.59	2.24
ENDS Only (n=563)	1.57	1.11	2.24
Dual Users (n=596)	2.12	1.57	2.86

*Adjusted for age, sex, race, education, and household income



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