

Mood and tobacco use in Spanish adolescents

Introduction and aim

Tobacco is the second most used drug among Spanish adolescents (World Health Organization, 2014). There is evidence of the influence of mood on the consumption in relation to other variables, but the direct influence of this variable is unknown (O' Chaiton, Cohen, Loughlin, & Rehm, 2009). The aim of this study was to compare the mood among adolescent smokers and nonsmokers, and to analyze the intensity of tobacco consumption depending on the mood.

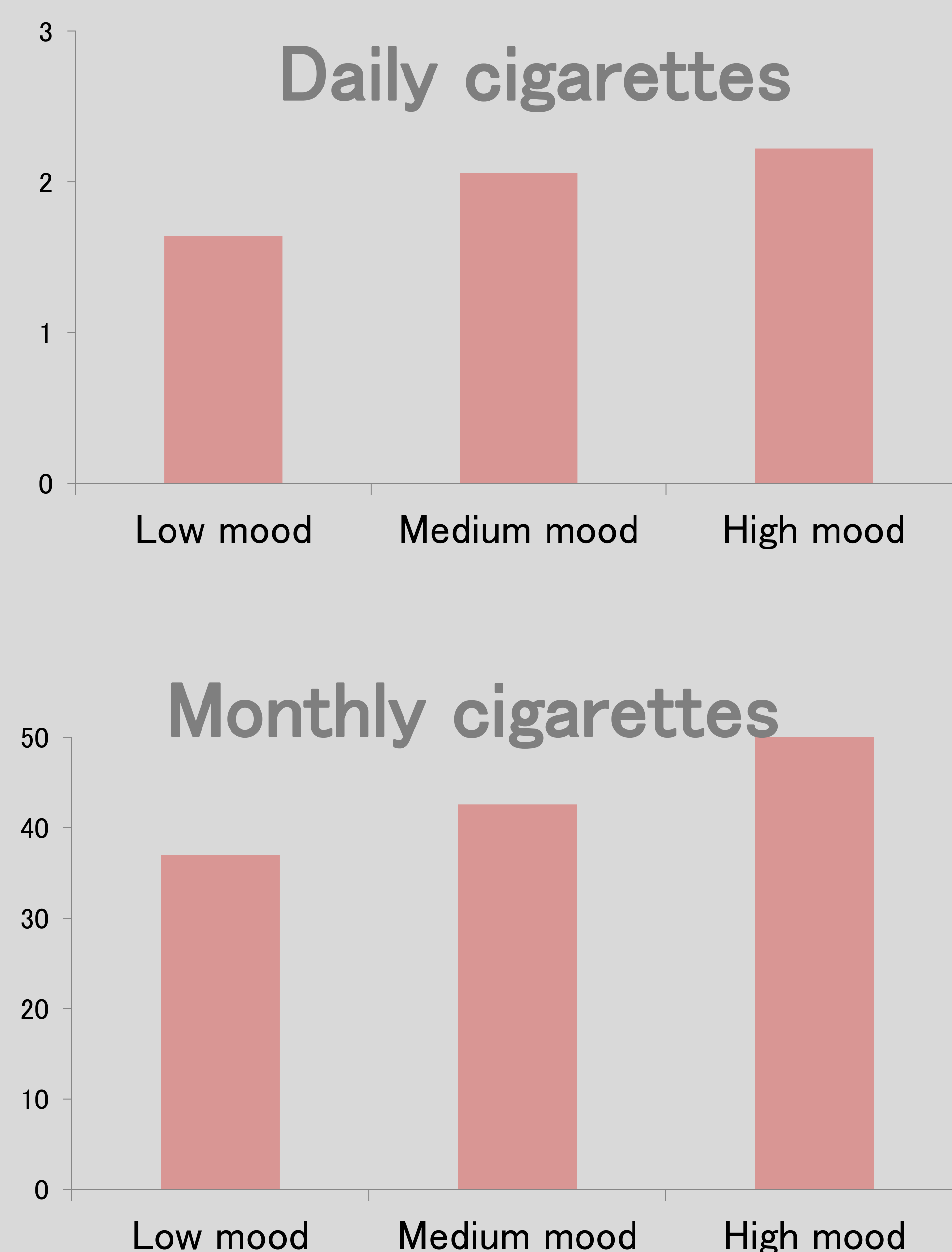
Participants

- 1,507 Spanish adolescents
- 14 to 19 years ($M = 15.28$; $SD = 1.20$)
- Six high schools from three cities (Elche [$n = 4$], Crevillente [$n = 1$] and San Vicente [$n = 1$])
- 46.8% females
- 90.8% Spanish nationality
- 32.4% have smoked ever, and 16.8% during the last month

Method

Brief version of 20-item Center for Epidemiologic Studies Depression Scale (CED-D; Radloff, 1991) was used, and items to assess tobacco consumption were included (ever and last month).

Results



Correlations between mood and tobacco use

	Have you ever consumed tobacco?	Have you consumed tobacco in the last month?
How often do you feel that you could not shake off the blues even with the help from your family and friends?	.98**	.70**
How often did you feel depressed?	.66**	.65*
How often did you think that your life had been a failure?	.52**	.56*
How often did you feel lonely?	.59**	.70**
How often did you feel sad?	.58**	.67**

$B = 1.17$; $p < .001$

* $p < .05$
** $p < .01$

Conclusions

Adolescents with low mood have greater rates of daily smoking than those with better mood. Participants with better mood were those with lower intensity of daily tobacco use. Depressed mood is a factor that may influence smoking initiation in adolescents, and is associated with greater intensity of consumption. Preventive interventions with adolescents should address the emotional factors related to tobacco use.

References

- O' Chaiton, M., Cohen, J. E., O' Loughlin, J., & Rehm, J. (2009). A systematic review of longitudinal studies on the association between depression and smoking in adolescents. *BMC Public Health*, 9(1), 356.
- Radloff, L. S. (1991). The use of the Center for Epidemiologic Studies Depression Scale in adolescents and Young adults. *Journal of Youth and Adolescence*, 20, 149–166. doi: 10.1007/BF01537606
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