

A sunset over a body of water with ripples. The sun is low on the horizon, creating a warm orange and yellow glow. The water is dark blue with many small, dark ripples. The sky is a mix of blue and orange.

SMOKING CESSATION INTERVENTIONS FOR SMOKERS WITH DEPRESSION

SUMMARY OF COCHRANE REVIEW

Full text article has been attached to the email.
Abstract can be found here: [PubMed link to Abstract \(Free\)](#)

OBJECTIVE OF THE REVIEW

- Assess the effectiveness of smoking cessation interventions in smokers with current or past depression

BACKGROUND

There is a need for tailored interventions for smokers with depression



- Smoking is strongly associated with depression
- The probability of being a smoker is twice as likely in people with depression ^{(1) (2) (3)}
- Smokers attempting to quit are more likely to fail if they are also depressed ^{(4) (5) (6) (7)}
- Smokers with depression have a higher chance of:
 - experiencing negative mood changes from nicotine withdrawal,
 - relapsing to smoking after a quit attempt,
 - smoking-related morbidity and mortality ^{(8) (9) (10) (11)}
- Several studies have evaluated smoking cessation interventions that involve either antidepressants or psychosocial mood management components ^{(12) (13) (14) (15)}

METHODS

- Systematic review which includes randomized controlled trials (RCTs) that compare smoking cessation interventions in smokers with current or past depression
- Comparisons were made between smoking cessation interventions with and without specific mood management components that addressed depression

RESULTS

Adding a brief mood management intervention to smoking cessation treatment helps smokers with current or past depression quit smoking



- Smoking cessation interventions with mood management components: (n=33)
 - Addition of mood management has a significant positive effect on smokers with current or past depression as show below: ⁽¹⁶⁾

Figure 1: Forest plot of comparison: Psychosocial mood management versus control for smokers with current depression. Abstinence at six months of greater follow-up.

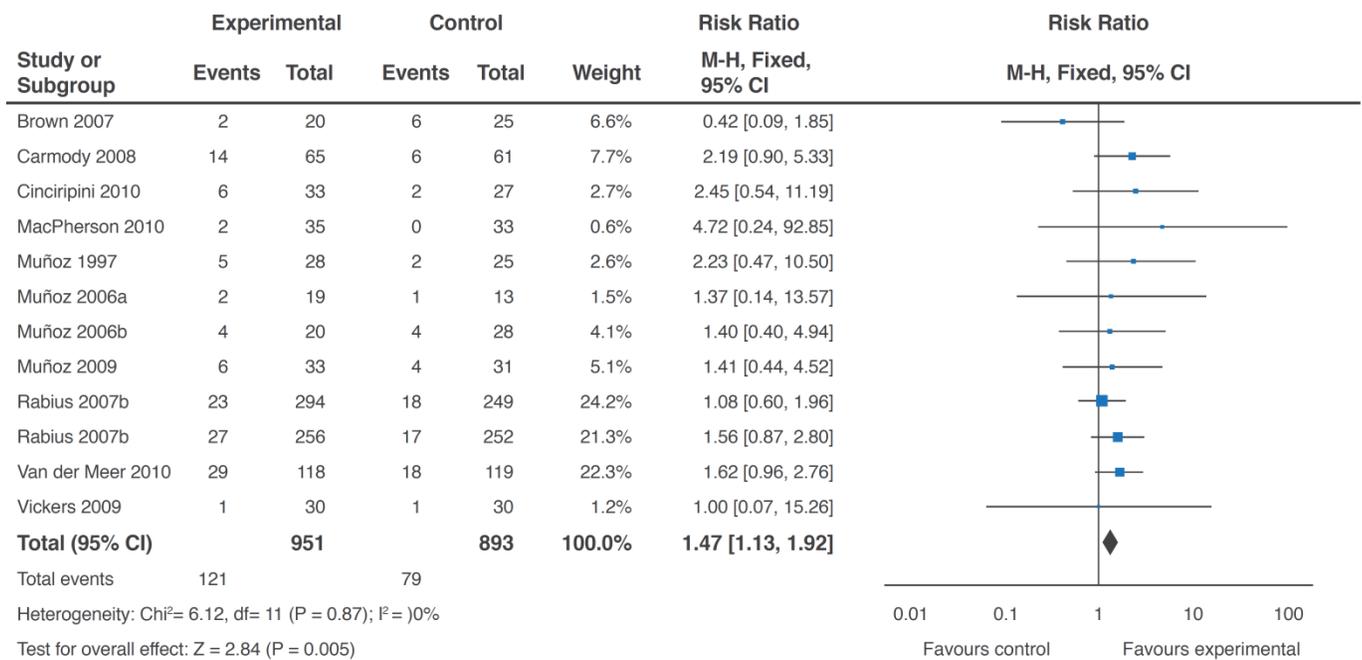
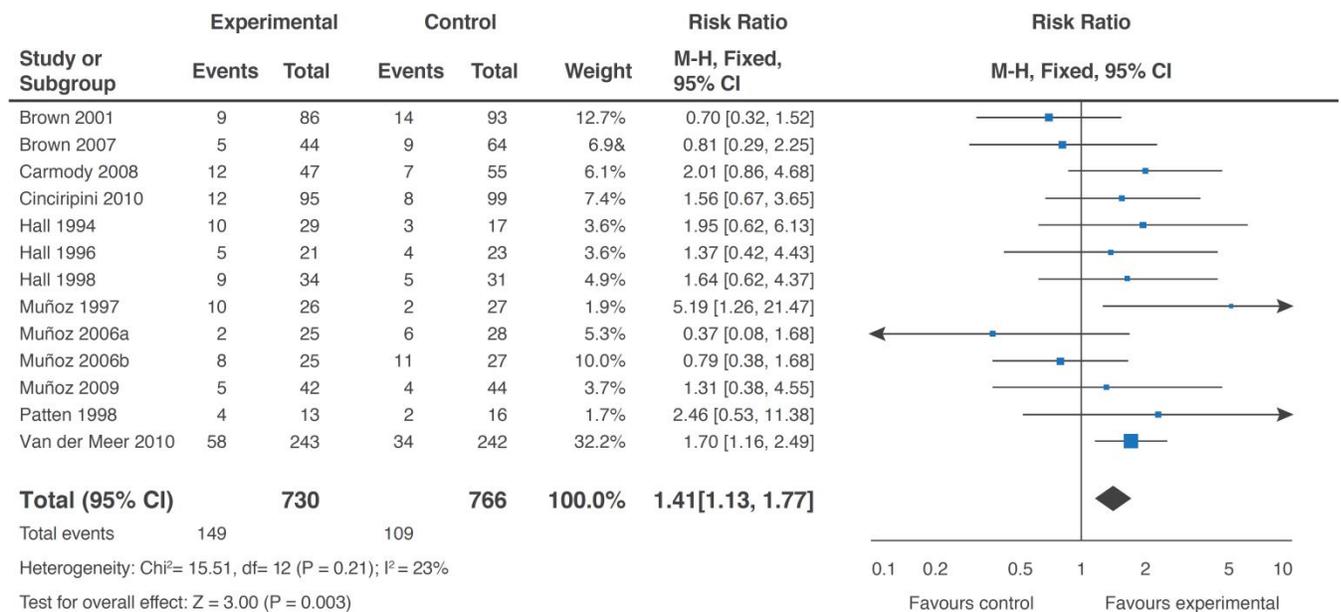


Figure 2: Forest plot of comparison: Psychosocial mood management versus control for smokers with past depression. Abstinence at six months of greater follow-up.



- Bupropion has a positive, but not significant effect on smokers with current depression
- Although evidence is weak due to the small number of trials, bupropion may increase long-term cessation in smokers with past depression ⁽¹⁶⁾

- Evaluation of the effectiveness of fluoxetine, nortriptyline, paroxetine, selegiline, and sertraline in smokers with current or past depression was not possible due to limited trial data ⁽¹⁶⁾
- Smoking cessation interventions without mood management components: ⁽¹⁶⁾
 - Not enough evidence to show that nicotine replacement therapy or standard smoking cessation interventions are beneficial to smokers with depression ⁽¹⁶⁾

CONCLUSION

- Combining a smoking cessation intervention with a mood management component increases long-term cessation in smokers with current or past depression
- Additional trials are required to evaluate the effectiveness of bupropion and other antidepressants on cessation rates in smokers with current or past depression



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