



SMOKING AND SMOKING CESSATION IN ADULTS WITH SMI

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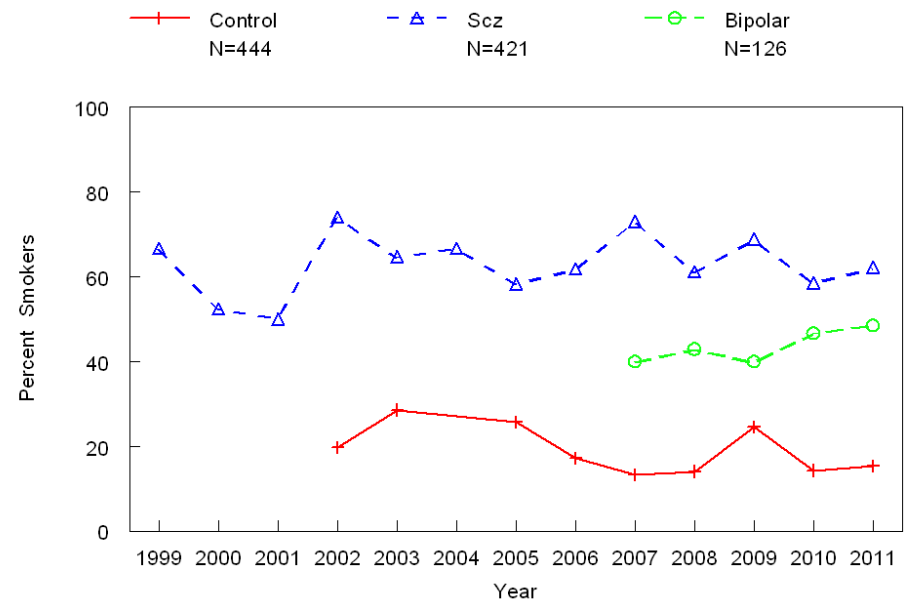
**Veterans Affairs Capitol Healthcare Network
Mental Illness Research, Education, and Clinical Center**

Version date: 7/21/17

SMOKING

- Compared with the general population, individuals with serious mental illness
 - Have a higher prevalence of smoking
 - Smoke more cigarettes per smoker
 - Have lower rate of quitting
- 44% of cigarettes in US purchased by persons with mental health disorder

Smoking Prevalence in Sheppard Pratt Study Groups by Year of Study Entry



Dickerson et al. *Psychiatric Services*, 2013

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- COPD is a silent epidemic among adults with SMI
- In a sample of outpatients with SMI (n=200)
 - Prevalence of COPD: 22.6%
 - More likely to have chronic bronchitis and emphysema than age, race, and gender-matched comparison participants
 - **Smokers had over 8 times the odds of having COPD than nonsmokers**
 - **Only one-third were being treated**
- Improved referrals to smoking cessation services are needed for individuals with SMI!

PEOPLE WITH MENTAL ILLNESS CAN QUIT SMOKING: SUCCESSFUL QUITTERS STUDY

- Sample: Individuals with SMI who had been abstinent from smoking for ≥ 4 months
 - Mean age: 50 (± 9.5) years
 - 60 % male; 72 % Caucasian
 - Mean duration of smoking: 25.3 (± 11.4) years
 - Mean duration of current abstinence: 7.4 (± 8.6) years
- Main strategies: social support from friends or family (58%); direction from a doctor (46%); use of nicotine replacement therapy (31%); advice of friends who had quit (23%)

Reasons Endorsed for Quitting Smoking

Reason	N (%)
Health problem or concern	57 (73%)
Cost of cigarettes	55 (71%)
Suggestion or advice from others excluding doctor	50 (64%)
Suggestion or advice from doctor	42 (54%)
Example of friend who quit	25 (32%)
Experience of being in a hospital where smoking was prohibited	22 (28%)
Smoking restrictions where live or work	13 (17%)

Dickerson, Bennett et al. *Psychiatric Rehab J.* 2011 34:311-316



SMOKING AND SMI – TAKE HOME MESSAGES

- Rates of smoking among adults with SMI are very high compared to the general population
- Adults with SMI are rarely referred to smoking cessation services
- This contributes to poorer health outcomes and decreased life expectancy
- Adults with SMI can quit smoking successfully!
- **Our residents with SMI would benefit from support for smoking cessation**

