

Mental Health and Tobacco Abstinence: Depressive Symptoms and Vitality

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Smokers' Health Study (SHS)

- A randomized clinical trial designed to examine the effect of supporting smokers' autonomy on motivation, mental health, and long-term tobacco abstinence.
- The SHS was a “cessation-induction” study.
 - Participants did not have to try to quit in order to be enrolled.

Smokers' Health Study (SHS)

- 1006 smokers were randomized to conditions.
 - 714 received the intensive intervention
 - 292 received community care
- 703 participants provided data at 6 months.
- 826 participants provided data at 30 months.

Smokers' Health Project (SHP)

- The SHP focuses on comparing three intensive interventions designed to motivate cessation.
- The study compares the SHS intervention with two more intensive treatment conditions.
- Data collection is on-going.

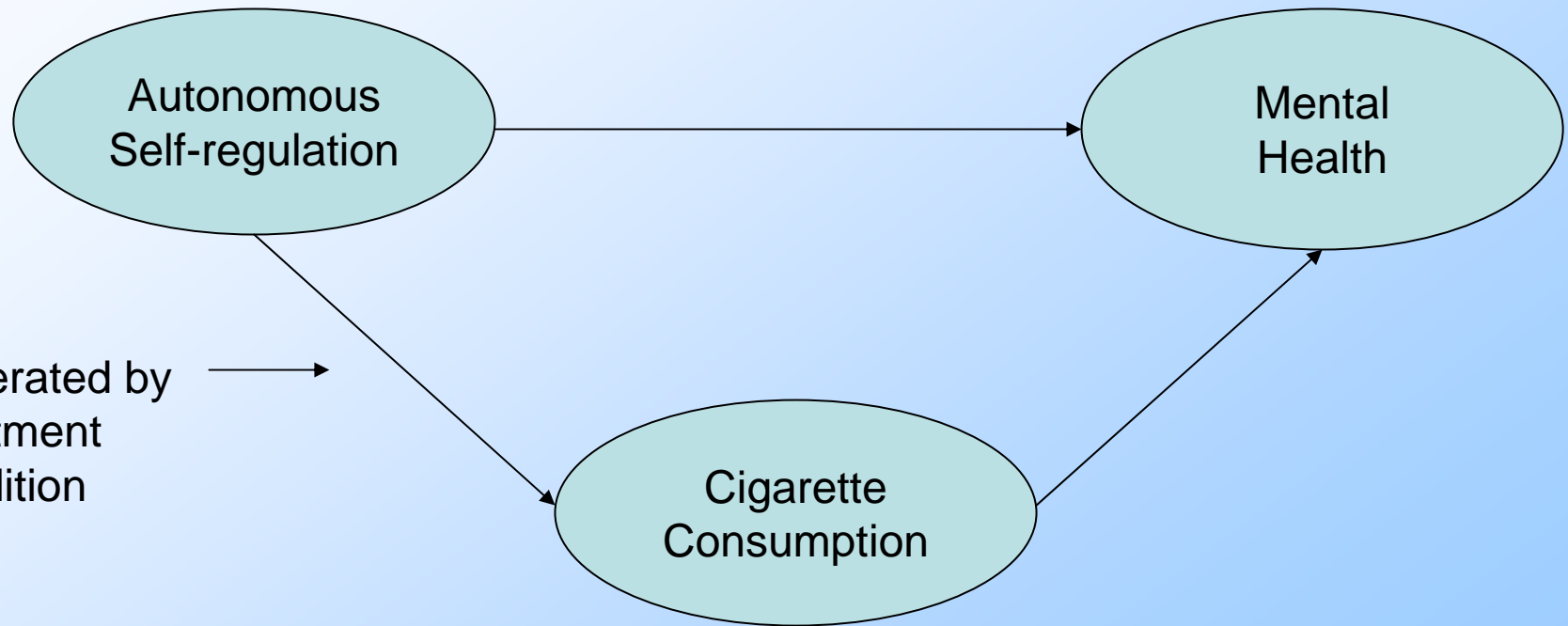
Measures of Depressive Symptoms

- The SHS assessed depressive symptoms via the Center for Epidemiological Studies Depression scale (CES-D)
- The SHP assessed depressive symptoms via the Physician's Health Questionnaire (PHQ-9)

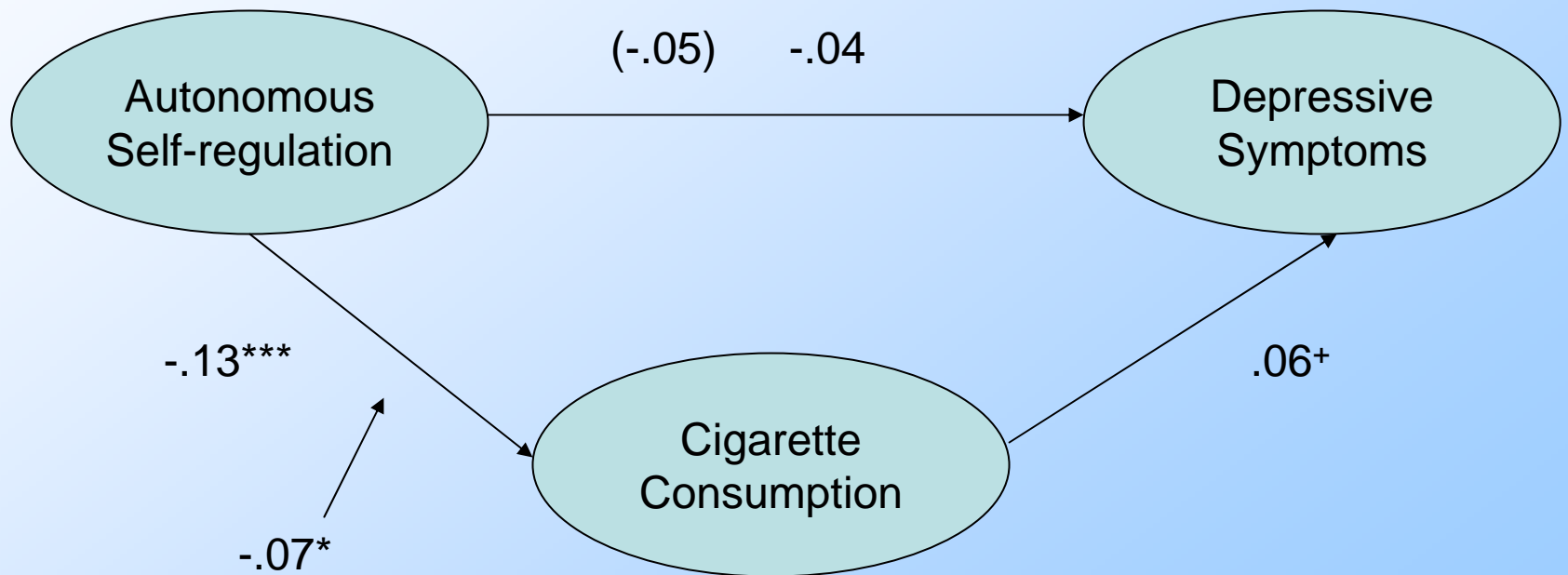
Associations among Condition, Motivation, Mental Health, and Smoking Outcomes

Change in Mental Health: BL – 6m	Treatment Condition	Autonomous Self-regulation BL – 6m	Perceived Competence BL – 6m	24-month Prolonged Abstinence
Depressive Symptoms	.02	-.05	-.03	-.05
Vitality	-.02	.11***	.18***	.07*

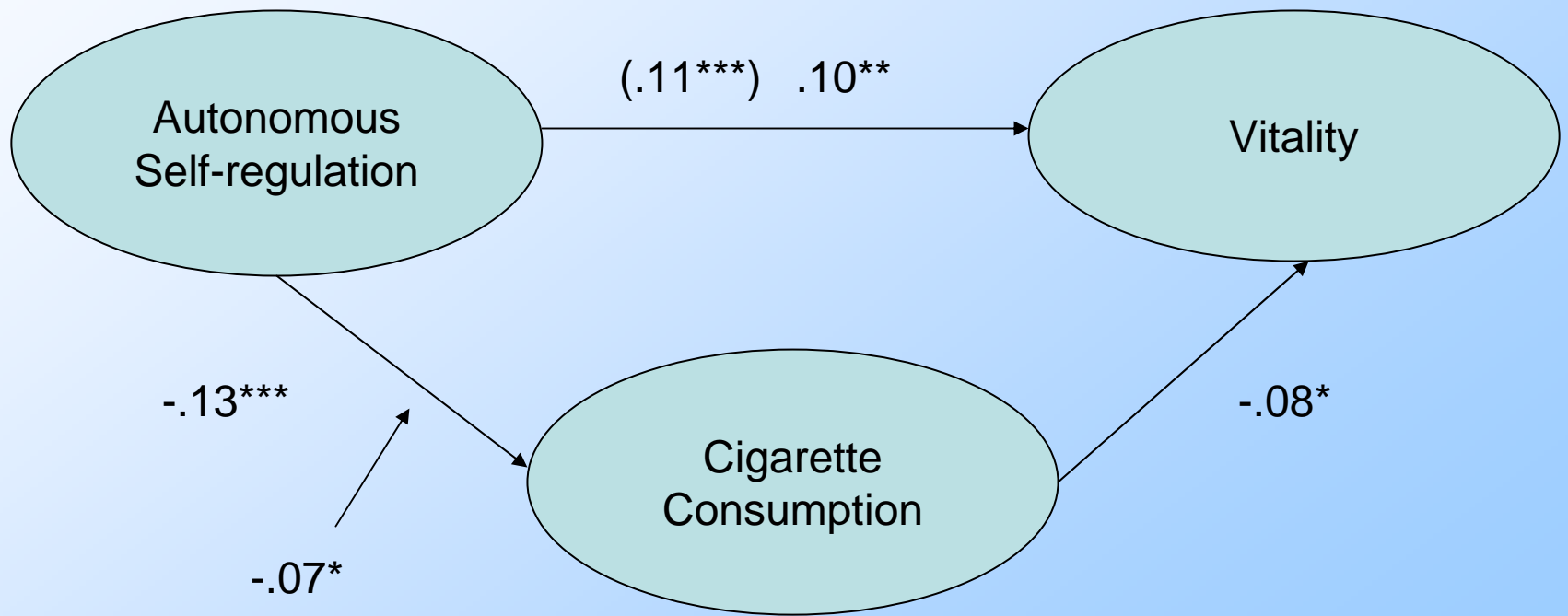
Moderated-Mediation Model



Depressive Symptoms



Vitality



Mental Health and Smoking Outcomes

- Using logistic regression, 24-month Prolonged Abstinence was regressed onto change in depressive symptoms ($b = -.32$, *ns*)
- Using logistic regression, 24-month Prolonged Abstinence was regressed onto change in vitality ($b = .37$, $p < .05$)

Conclusion

- We examined the antecedents and consequences of two indicators of mental health (depressive symptoms and vitality).
- Our data suggest that change in autonomous self-regulation and cigarette consumption relate to change in vitality, but not change in depressive symptoms.
- Importantly, change in vitality, but not change in depressive symptoms, related to long-term tobacco abstinence.