**Smoking and mental health: Results from the Tasmanian Population Health Survey 2019**

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# Introduction

This report examines the association between tobacco smoking and mental health disorders.

Both daily and occasional smokers aged 18 years and over are included as people who *currently smoke*.

*Mental health disorder* refers to depression, anxiety and/or other mental health disorders. These conditions are self-reported and currently experienced, diagnosed conditions.

# Mental health disorders amongst current smokers

Of all people who currently smoke in 2019, almost one in three (31.5%) reported a diagnosis of *depression/anxiety*, and 8% reported a diagnosis of *other mental health disorder*. Combined, one-third (32.5%) of all people who currently smoke had a mental health disorder. This compares to 21% of the whole Tasmanian population in 2014-15 that had a self-reported mental health condition (State of Public Health Report 2019).

## Mental health disorders amongst people who currently smoke, Tasmania 2019

| **Current condition** | **%** | **95%CI** |
| --- | --- | --- |
| Anxiety/depression | 31.5% | [26.8%,36.5%] |
| Other mental health disorders | 8.0% | [5.8%,11.0%] |
| Mental health disorders combined | 32.5% | [27.8%,37.6%] |

Tasmanian Population Health Survey 2019, unpublished data

There were no significant differences across levels of socioeconomic advantage in the prevalence of mental health disorders amongst people who currently smoke.

## Mental health disorders amongst people who currently smoke by SEIFA\* level, Tasmania 2019

| **SEIFA\* level** | **%** | **95%CI** |
| --- | --- | --- |
| 1st (most disadvantaged) | 28.0% | [19.9%,37.8%] |
| 2nd | 37.4% | [28.5%,47.3%] |
| 3rd | 32.6% | [23.1%,43.8%] |
| 4th | 23.9% | [15.9%,34.3%] |
| 5th (most advantaged) | 42.0% | [26.9%,58.8%] |

Tasmanian Population Health Survey 2019, unpublished data, Epidemiology Unit; \*SEIFA 2016

Female smokers were more likely than male smokers to have a mental health disorder (37.3% compared to 27.7%), while smokers under 65 years were more likely than smokers over 65 years to have a mental health disorder.

## Mental health disorders amongst people who currently smoke by age, Tasmania 2019

| **Age** | **%** | **95%CI** |
| --- | --- | --- |
| 18-24 | **n/a** | -- |
| 25-34 | **24.7%^** | [13.6%,40.6%] |
| 35-44 | 35.6% | [22.4%,51.5%] |
| 45-54 | 38.5% | [28.9%,49.0%] |
| 55-64 | 37.5% | [28.9%,47.1%] |
| 65+ | 21.9% | [13.5%,33.6%] |

Tasmanian Population Health Survey 2019, unpublished data,

Epidemiology Unit; ^Use with caution as RSE>25% but <50%;

n/a - not published due to extreme unreliability (RSE>50%)

# Smoking status amongst adults with a mental health disorder

Tasmanians who have a mental health disorder are almost twice as likely to smoke (19.6% compared to 12.1%).

Adults in the second highest level of socioeconomic advantage who have a mental health disorder are less likely to be current smokers than those across all other levels.

## Adults with a mental health disorder who are current smokers by SEIFA\* level, Tasmania 2019

| **SEIFA quintile** | **%** | **95%CI** |
| --- | --- | --- |
| 1st (most disadvantaged) | 20.7% | [14.9%,28.0%] |
| 2nd | 23.2% | [17.2%,30.6%] |
| 3rd | 20.2% | [14.0%,28.2%] |
| 4th | 10.6% | [7.1%,15.7%] |
| 5th (most advantaged) | 24.7% | [15.6%,36.8%] |

Tasmanian Population Health Survey 2019, unpublished data, Epidemiology Unit; \*SEIFA 2016

Males and females who have a current mental health disorder are similarly likely to be current smokers (20.6% compared to 18.9%).

Adults aged 65 years and over who have a current mental health disorder are significantly less likely to be current smokers than those aged from 45-64 years.

## Adults with a mental health disorder who are current smokers by age, Tasmania 2019

| **Age** | **%** | **95%CI** |
| --- | --- | --- |
| 18-24 | **n/a** | -- |
| 25-34 | **17.3%^** | [9.8%,28.7%] |
| 35-44 | 19.3% | [12.1%,29.4%] |
| 45-54 | 29.3% | [21.8%,38.0%] |
| 55-64 | 23.3% | [17.5%,30.3%] |
| 65+ | **9.6%^** | [5.7%,15.7%] |

Tasmanian Population Health Survey 2019, unpublished data, Epidemiology Unit; ^Use with caution as RSE>25%’ n/a - not published due to extreme unreliability (RSE>50)

RSE is ‘relative standard error’. This is a measure of the validity or reliability of the results. The higher the RSE, the less reliable the results.