

# A rapid review of the effectiveness of smoking cessation interventions for people with anxiety and/or depression living within the community

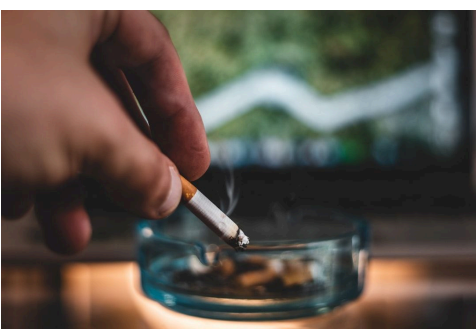
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## Background

People with mental health conditions have a higher rate of smoking prevalence and are less likely to access services to help them quit.

Evidence shows that quitting smoking in this population improves positive mood and quality of life.



Welsh Government aims to reduce smoking rates from 13% to under 5% of the population by 2030.

## Aim

noun. 'a ceasing or stopping'

To understand the effectiveness of smoking **cessation** interventions in people with anxiety and/or depression living in the community.

## Evidence Base

Evidence reviewed was published between 2008 and 2023.

Types of interventions reviewed included:



Pharmacological



Psychological



Aerobic Exercise

Overall certainty of evidence

Moderate

Low

High



Very Low

Very High

## Key Findings

Overall, the evidence of effectiveness of interventions appears to be **inconsistent**, and of **very low certainty**.

There is some evidence to suggest:

### Pharmacological

interventions can increase abstinence for people with anxiety and depression

### Psychological

interventions can increase abstinence in people with depression

### Exercise

interventions had mixed effects on abstinence rates

There is some evidence suggesting **combining pharmacological and psychological** interventions can increase abstinence rates and reduce adverse events.

All intervention types appeared to have no or mixed impact on mental health outcomes.

The estimated economic cost of smoking in people with mental health disorders in the UK is £3.5 billion per annum.

For more information on this study, and to read the full report, click here:  
<https://www.medrxiv.org/content/10.1101/2024.07.23.24310849v1.full.pdf>