SMOKING AND SMOKING CESSATION IN ADULTS WITH SMI

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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

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

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