

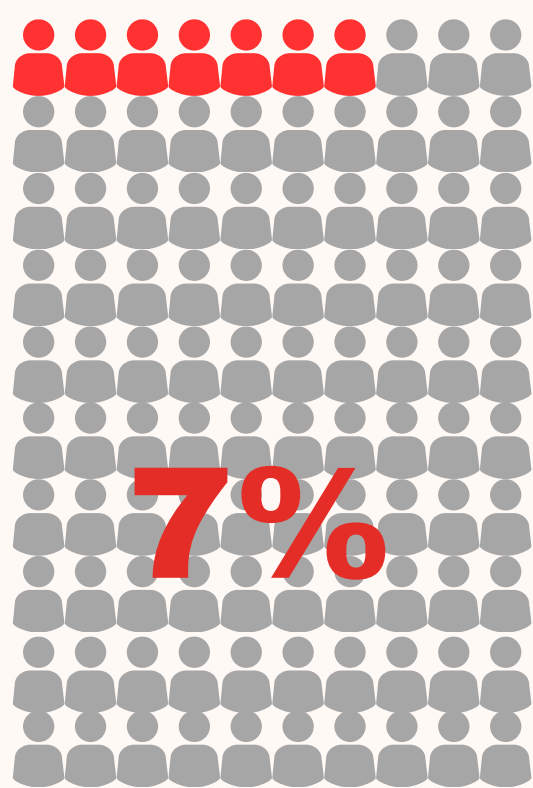
# Quitting smoking improves mental health

Department of Health  
Mental Health Awareness  
October 2024

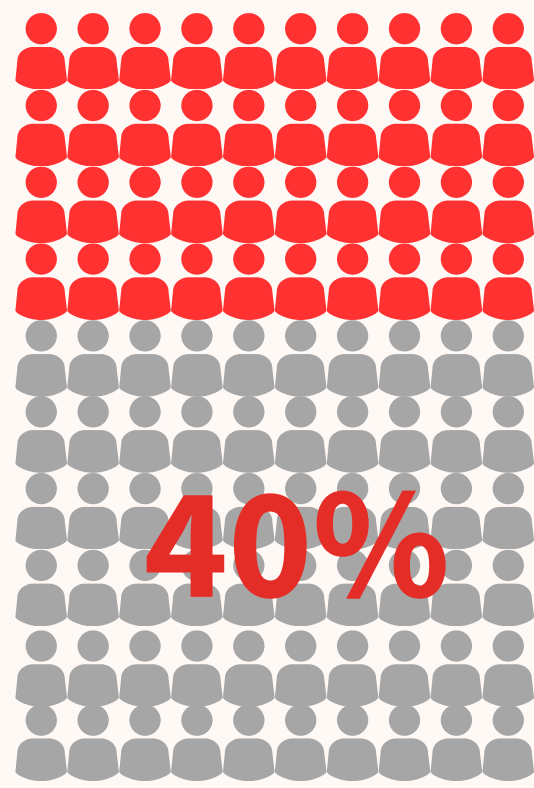
## MENTAL HEALTH AND SMOKING

% of all mental disorders

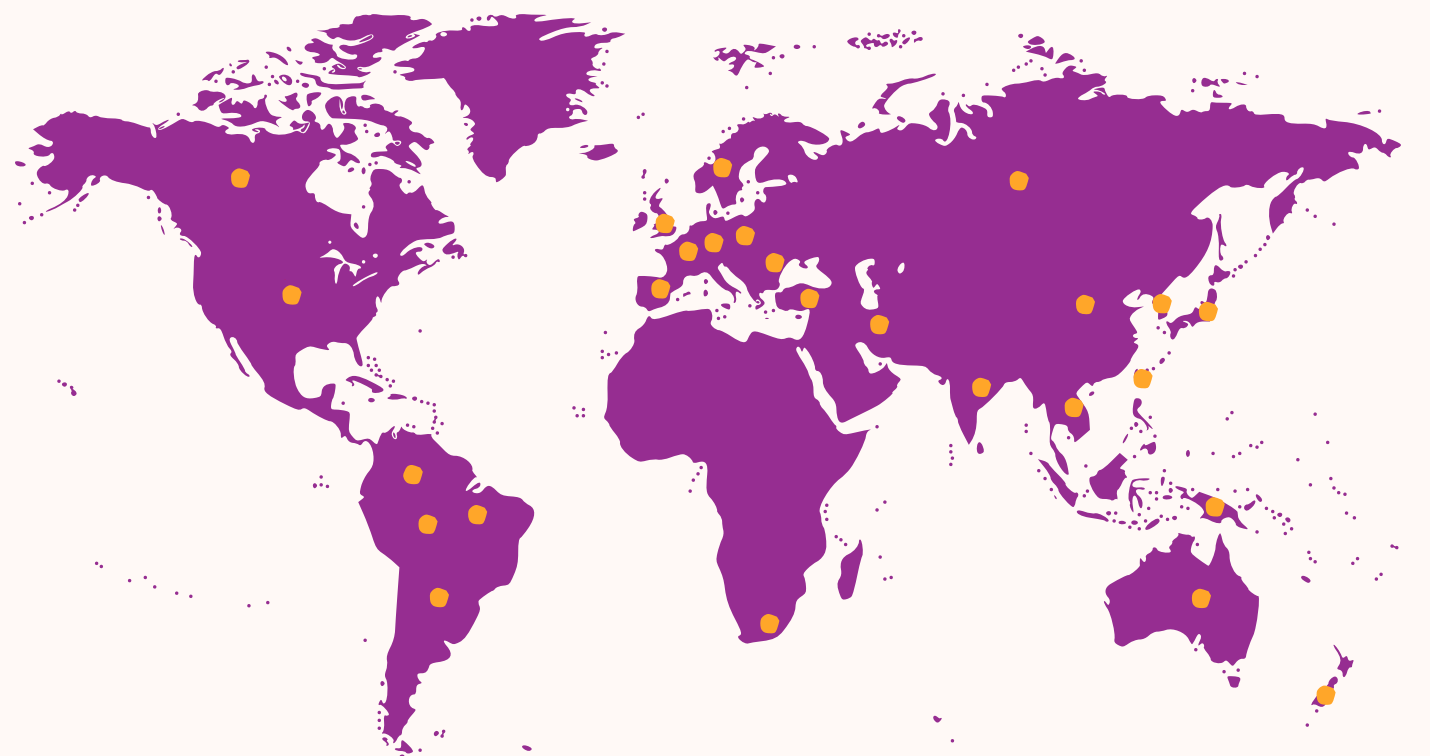
All diseases



In smokers



## EVIDENCE IN NUMBERS MENTAL HEALTH AND SMOKING



25 countries;  
102 studies; 169,500 participants

## RESULTS



**28% decrease in anxiety symptoms**

| 15 studies, 3141 participants



**30% decrease in depression symptoms**

| 34 studies, 7156 participants



**31% decrease in depression and anxiety symptoms**

| 8 studies, 2829 participants

## AUTHORS' CONCLUSIONS



Lowers **anxiety**

Lowers **depression**

Lowers **anxiety and depression**

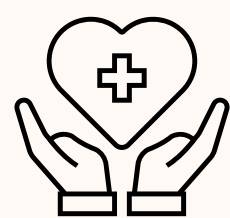
**Quitting smoking** is associated with small to moderate improvements in mental health

Taylor GMJ, Lindson N, Farley A, Leinberger-Jabari A, Sawyer K, te Water Naudé R, Theodoulou A, King N, Burke C, Aveyard P. Smoking cessation for improving mental health. Cochrane Database of Systematic Reviews 2021, Issue 3. Art. No.: CD013522. DOI: 10.1002/14651858.CD013522.pub2



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