



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

May 2020

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%]

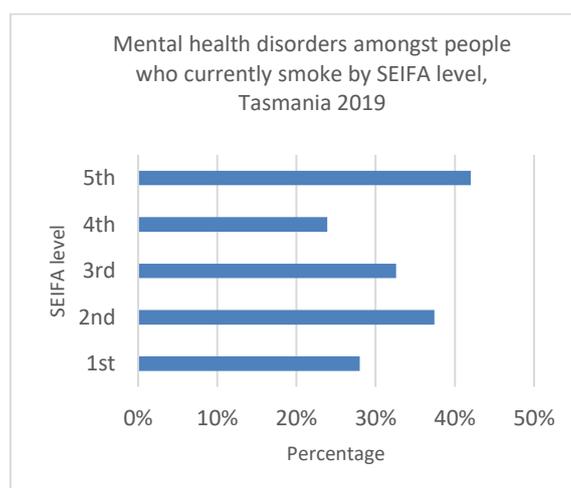
Tasmanian Population Health Survey 2019, unpublished data

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Tasmanian Population Health Survey 2019, unpublished data, Epidemiology Unit; *SEIFA 2016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

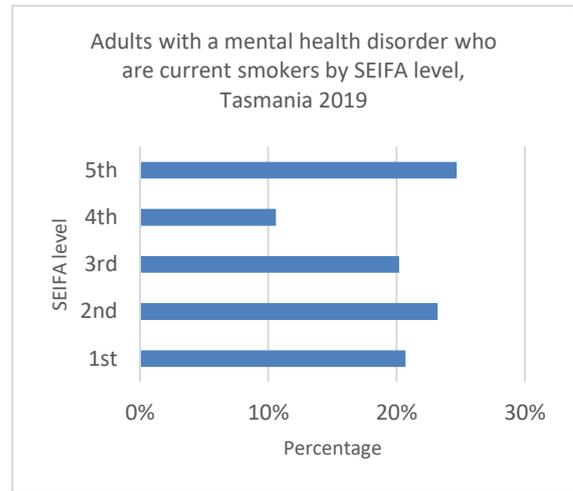
Tasmanians who have a mental health disorder are almost twice as likely to smoke (19.6% compared to 12.1%).

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.