Mental health problems and smoking among adolescents from Southern Brazil

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Comments of the reviser
Adolescence is a stage of life that has not been studied or intervened much, in spite of being a stage on which several physiologic, behavior and psychosocial changes occur which make this stage of life to be more vulnerable to the adoption of non healthy behaviors, such as sedentarism, smoking, alcohol consumption and drugs. As of the scientific literature it is known that these are the main factors associated with chronic diseases. Therefore, to identify the risk factors associated with these non health behaviors during adolescence is important and necessary to reduce the load of chronic diseases and their economic impact at the local level, specially at the developing countries.

This article shows the positive association between mental problems (attention deficit and hyperactivity) and smoking both present during adolescence. This knowledge is useful, since it provides an idea of the type and kind of interventions that might be generated to fight smoking and reduce the prevalence, and as a consequence, reduces the incidence of short and long term chronic diseases.

Aim of the study: analyze the association between mental problems and tobacco in adolescents.

Country on which the study tool place: Brazil.

Design and methodology: transversal analysis added to a cohort study of births at Pelotas-RS, 1993

Results:
The prevalence of tobacco was 6.0% and 30% of adolescents who presented certain mental problems. On the analysis without adjustment, the relation of prevalence of mental problems was 3.3 (CI 95% 2.5, 4.2). After the adjusted analysis (by sex, age, color of skin, family income, mother`s academic level, group of friends who smoke, employment during the previous year, school fail, physical activity on their free time and the experimentation of alcohol), the reason of prevalence diminished to 1.9 (CI 95% 1.2, 2.3) among smokers in relation to the non smokers.

Additional references: