

AOD characteristics amongst people with mental ill-health participating in a smoking cessation trial

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Introduction and Aims: There is a vicious cycle between smoking and poorer mental and physical health. Smoking related diseases account for the 20 year life expectancy gap in people with MH/AOD concerns. We present the health and AOD characteristics of participants from a smoking cessation intervention.

Design and Methods: Baseline characteristics of the sample will be presented as a cross-sectional design. 110 participants were recruited across a number of methods including face to face and phone recruitment via peer workers as well as via online advertisement. Participants smoked at least 10 cigarettes per day, and were accessing treatment, support or care service for a MH or AOD condition.

Results: The average age of participants was 46 years and about half were female (51%). Most smoked between 11-20 cigarettes per day (58%). The majority of participants had received a diagnosis of a psychotic disorder (73%). In addition to tobacco smoking, of those that had used cannabis in the previous two months (n=28), three quarters reported that they always or nearly always mixed their tobacco with cannabis. Of concern was participants' drinking patterns; 12% of those that drank alcohol reported consuming more than 10 standard drinks on a typical day of drinking. Participants had made many previous quit attempts and were highly motivated to quit.

Discussion and Conclusions: Given the increased mortality rates in people with MH/AOD concerns largely due to smoking related diseases, our results highlight the need for targeted and accessible smoking cessation interventions.

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