

Depressive symptoms and cigarette smoking in American workers

Deskripsi Lengkap: <https://lib.fkm.ui.ac.id/detail.jsp?id=94357&lokasi=lokal>

Abstrak

Purpose: This study examined the relationship between depressive symptoms and cigarette smoking in a large sample of American workers.
Methods: We used data from the National Survey of Midlife Development in the United States. Seventy percent of individuals completed a telephone survey. The present study focused on 2593 individuals working for pay. Measures included depressive symptoms, job level, and current smoking status.
Results: In a logistic regression analysis, depressive symptoms significantly predicted smoking status among workers ($p < .01$). In follow-up chi² analyses, the link between depressive symptoms and smoking was consistent across gender ($p < .01$) and job levels ($p < .01$).
Discussion: Depressive symptoms among workers present an underlying obstacle to the success of worksite smoking cessation efforts. Findings highlight the need for increased cooperation between workplace mental health and medical health promotion programs and for tailoring smoking cessation programs to depressed workers. Limitations include self-report cross-sectional data and an underrepresentation of minority group members and individuals of low socioeconomic status.