

Tobacco use, anxiety and affective state in university women

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INTRODUCTION

In recent years, the increase in substance use in women is due to its new role in modern societies (Hammond, 2009). Women's liberation has been associated with their massive incorporation to the world of work. It has caused an accelerated way of life that often leads to an increase in stress, anxiety or depressive symptoms, exacerbated by tobacco use (Bandelow & Michaelis, 2015; Farrell et al., 1998).

The purpose of this study was to analyze the differences between smokers and non-smokers women in anxiety and affective state, and how tobacco consumption exacerbate these symptoms.

METHODS

Participants

The sample consisted of 363 women from the province of Cádiz and Huelva whose average age was 21.79 ($SD = 5.45$, range = 18-53). 219 women were non-smokers (60.3%) and 144 women were tobacco users (39.7%).

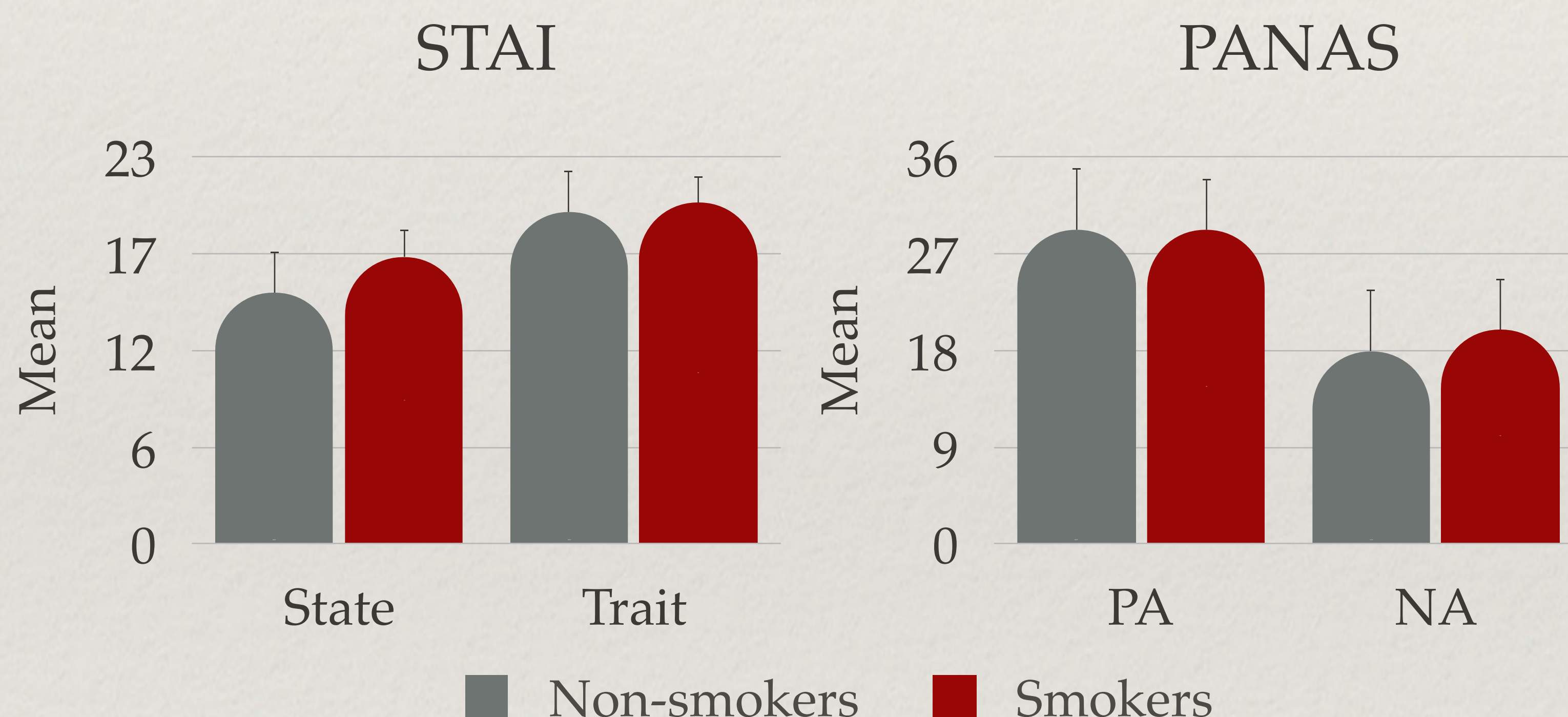
Instruments

- The State-Trait Anxiety Inventory –STAI- (Spielberger, Gorsuch, & Lushene, 1982): This scale has two scores: anxiety as a personality trait and anxiety as a state. Each scale includes 20 items that are on a 4-point Likert-type scale.
- The Positive and Negative Affect Schedule –PANAS- (Watson, Clark, & Tellegen, 1988): This questionnaire was used to assess PA and NA, each quantified with 10 items on 5-point rating scales, ranging from 1 (very slightly or not at all) to 5 (extremely).

Statistical Analysis

Statistical treatment of the data included descriptive analysis, parametric tests (Student's t-test and Pearson correlation). The significance level was set at 0.05 for all statistical tests.

RESULTS



The statistical analysis carried out indicated that smokers women has higher levels of trait-anxiety ($t(1-258.69) = -2,063$; $p < .05$) and negative affect ($t(1-361) = -2,579$; $p < .05$) than non-smokers women.

Besides, the increase of use is related to elevated trait-anxiety (n° cigarettes $r = .257$; $p < .001$; frequency $r = .193$; $p < .001$) and greater negative affect (n° cigarettes $r = .154$; $p < .001$; frequency $r = .115$; $p < .05$).

Figura 1. Means of the State-Trait Anxiety and Positive and Negative Affect for the Non-smokers and smokers women (error bars represent Standard Error of the Mean)

DISCUSSION AND CONCLUSION

Studies support our hypothesis that tobacco use in women plays a central role in mental health (Torres & O'Dell, 2016). The clinical implications of this work are also considered with regard to the development of programs that prevent tobacco use. It is one of the global challenges in this century, due to the promotion of healthy habits reduces the risk factors, like trait-anxiety and negative affect, associated to the appearance of physical pathologies and mental disorders.

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