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Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

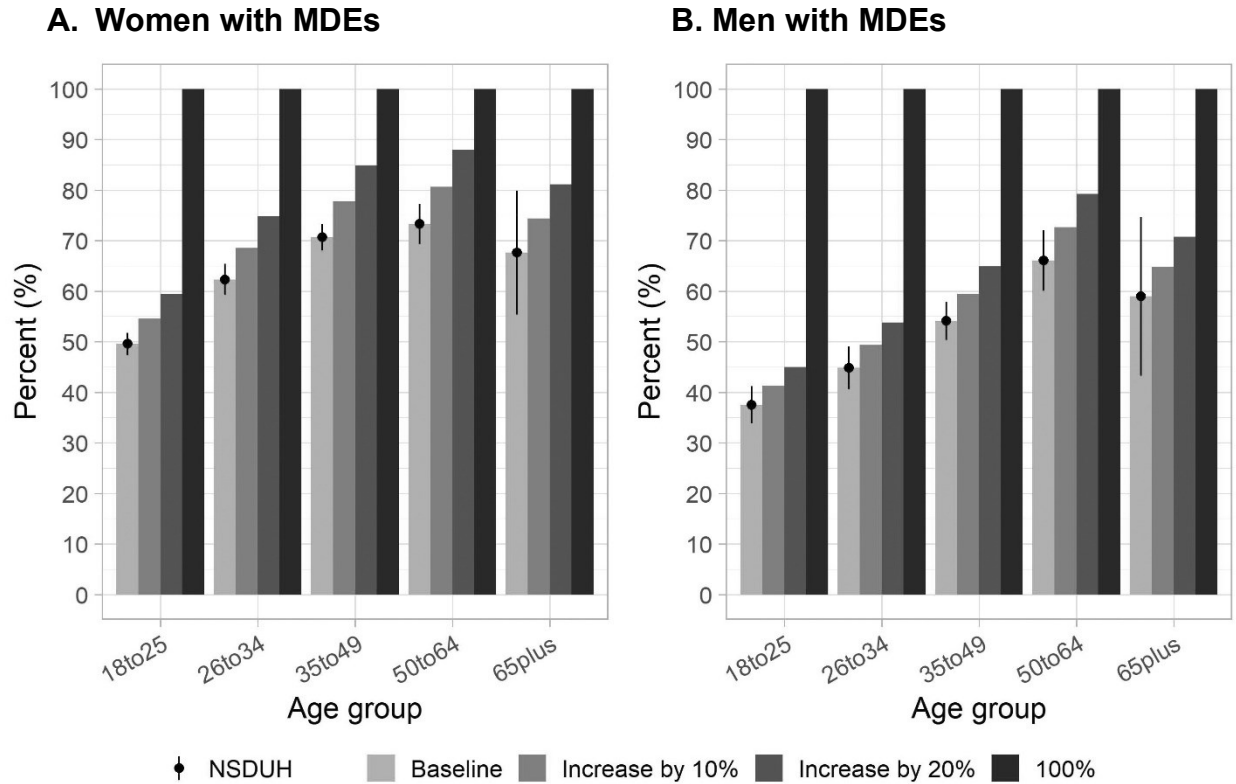
MENTAL HEALTH SERVICE UTILIZATION

Beginning in 2010, the NSDUH began asking whether adults saw a health professional for their depression, where a health professional includes: a general practitioner or family doctor, other medical doctor, psychologist, psychiatrist or psychotherapist, social worker, counselor, other mental health professional, nurse, occupational therapist, or other health professional. As no visible trends were apparent from 2010-2018, data are pooled across these years for mental health service utilization patterns by age groups. NSDUH finds that 51.3% of men and 65.8% of women smokers with MDEs used mental health services; younger adults were less likely to do so than older adults.

The NSDUH estimates are not identical to the estimates initially supplied to the model in the Baseline scenario. Because of the continuous out-flow of individuals from compartments, the final proportions of smokers seeing health professionals are effectively lower than the initial values supplied to the model. To ensure that the model's rates match those of survey estimates, the set of initial values necessary to accomplish this are re-estimated. The model is re-calibrated to integrate the mental health service utilization parameters by minimizing the sum of squared differences between the model output and NSDUH estimates. Supplemental Figure S1 compares the NSDUH data with the model's calibrated final effective proportions in the Baseline scenario. Initial values that translate into 10% and 20% relative increases in the level of mental health service utilization across each age group are similarly estimated

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Figure 1. Mental health service utilization scenarios among smokers with current MDE



Notes: Black dots represent the percent of smokers with current MDE who report that they saw a health professional for their MDE within the past year in the NSDUH 2010-2018; vertical black lines are their corresponding 95% confidence intervals. Bars represented calibrated model estimates of mental health service utilization among smokers with MDEs by scenario: baseline, relative 10% increase in utilization, relative 20% increase in utilization, and 100% complete utilization scenarios.

NSDUH, National Survey of Drug Use and Health; MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Table 1. Smoking prevalence under intervention scenarios for US adults with current MDE, 2020 – 2100

Integrated cessation treatment ^a	Mental health service utilization ^b	Women with MDEs				Men with MDEs			
		No change from baseline	Increase by 10%	Increase by 20%	100%	No change from baseline	Increase by 10%	Increase by 20%	100%
Any Tx	2020	28.0	28.0	28.0	28.0	33.3	33.3	33.3	33.3
	2040	21.6	21.6	21.6	21.4	29.4	29.4	29.3	29.1
	2060	19.3	19.3	19.2	19.1	26.3	26.3	26.2	26.0
	2080	18.0	18.0	18.0	17.8	24.2	24.1	24.1	23.8
	2100	17.5	17.4	17.4	17.2	23.4	23.3	23.3	23.0
Pharm Tx	2020	27.8	27.8	27.8	27.7	33.1	33.1	33.1	32.9
	2040	20.7	20.5	20.4	19.9	28.6	28.4	28.3	27.3
	2060	18.3	18.2	18.0	17.4	25.4	25.2	25.1	24.0
	2080	17.0	16.9	16.8	16.2	23.2	23.1	23.0	21.9
	2100	16.4	16.3	16.2	15.6	22.4	22.3	22.1	21.0
100% increase	2020	27.6	27.6	27.5	27.4	33.0	32.9	32.9	32.6
	2040	19.9	19.7	19.5	18.6	27.9	27.7	27.5	25.9
	2060	17.5	17.3	17.1	16.2	24.6	24.4	24.2	22.4
	2080	16.3	16.1	15.9	15.0	22.5	22.3	22.1	20.3
	2100	15.7	15.5	15.3	14.4	21.6	21.4	21.2	19.5
150% increase	2020	27.4	27.3	27.2	27.0	32.8	32.7	32.7	32.2
	2040	19.0	18.8	18.5	17.3	27.1	26.9	26.6	24.3
	2060	16.7	16.4	16.1	14.8	23.8	23.5	23.2	20.8
	2080	15.4	15.2	14.9	13.7	21.7	21.4	21.1	18.8
	2100	14.9	14.6	14.3	13.1	20.8	20.5	20.3	17.9
200% increase	2020	27.1	27.0	26.9	26.6	32.6	32.5	32.4	31.8
	2040	18.3	18.0	17.6	16.1	26.5	26.2	25.8	22.9
	2060	15.9	15.6	15.3	13.7	23.1	22.7	22.4	19.4
	2080	14.8	14.4	14.1	12.6	21.0	20.6	20.3	17.4
	2100	14.2	13.8	13.5	12.1	20.1	19.8	19.5	16.6
MPC ^c	2020	13.0	11.5	10.0	4.5	19.7	18.4	17.1	6.0
	2040	9.4	8.3	7.4	2.3	16.6	15.5	14.4	3.2
	2060	7.9	7.0	6.2	1.8	13.9	12.9	11.9	2.5
	2080	7.2	6.4	5.7	1.7	12.4	11.4	10.5	2.2
	2100	6.8	6.1	5.4	1.6	11.7	10.8	9.9	2.0

Notes: 2020 vs. 2100 prevalence under the Baseline scenario: 28.1% vs. 17.8% for women and 33.4% vs. 23.7% for men with current MDEs. Current smoking = smoking at least 100 cigarettes in lifetime and smoking at all within the past year; ^aIncreased quitting under interventions; Any Tx = any type of cessation treatment (13.7% increase);

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Pharm Tx = pharmacological cessation treatment (58.8% increase).¹ ^bSee Figure S1; ^cMPC = Maximum Potential Cessation where 100% of smokers with current MDEs using mental health services quit smoking starting in 2020.

MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Table 2. Smoking prevalence under intervention scenarios for US adults with former MDE, 2020 – 2100

Integrated cessation treatment ^a	Mental health service utilization ^b	Women with MDEs				Men with MDEs			
		No change from baseline	Increase by 10%	Increase by 20%	100%	No change from baseline	Increase by 10%	Increase by 20%	100%
Any Tx	2020	10.0	10.0	10.0	10.0	13.5	13.5	13.5	13.5
	2040	7.3	7.3	7.3	7.2	12.0	12.0	12.0	11.9
	2060	6.2	6.2	6.1	6.1	9.8	9.8	9.8	9.7
	2080	5.5	5.5	5.5	5.4	8.4	8.4	8.4	8.3
	2100	5.2	5.2	5.2	5.1	7.9	7.9	7.9	7.8
Pharm Tx	2020	10.0	10.0	10.0	10.0	13.5	13.5	13.5	13.5
	2040	7.0	7.0	7.0	6.8	11.7	11.7	11.7	11.3
	2060	5.9	5.9	5.8	5.7	9.5	9.5	9.5	9.1
	2080	5.2	5.2	5.2	5.0	8.2	8.1	8.1	7.8
	2100	4.9	4.9	4.9	4.7	7.6	7.6	7.6	7.3
100% increase	2020	10.0	10.0	10.0	10.0	13.5	13.5	13.5	13.5
	2040	6.8	6.8	6.7	6.5	11.5	11.5	11.4	10.9
	2060	5.7	5.6	5.6	5.3	9.3	9.2	9.2	8.6
	2080	5.0	5.0	4.9	4.7	8.0	7.9	7.9	7.4
	2100	4.7	4.7	4.6	4.4	7.4	7.4	7.3	6.9
150% increase	2020	10.0	10.0	10.0	10.0	13.5	13.5	13.5	13.5
	2040	6.6	6.5	6.4	6.1	11.3	11.2	11.1	10.4
	2060	5.5	5.4	5.3	4.9	9.1	9.0	8.9	8.2
	2080	4.8	4.8	4.7	4.4	7.7	7.7	7.6	6.9
	2100	4.5	4.5	4.4	4.1	7.2	7.2	7.1	6.5
200% increase	2020	10.0	10.0	10.0	10.0	13.5	13.5	13.5	13.5
	2040	6.4	6.3	6.2	5.8	11.1	11.0	10.9	10.0
	2060	5.3	5.2	5.1	4.6	8.9	8.8	8.7	7.7
	2080	4.7	4.6	4.5	4.1	7.6	7.5	7.4	6.6
	2100	4.4	4.3	4.2	3.8	7.1	7.0	6.9	6.1
MPC	2020	10.0	10.0	10.0	10.0	13.5	13.5	13.5	13.5
	2040	3.6	3.3	3.0	1.4	7.7	7.3	7.0	3.0
	2060	2.9	2.7	2.4	1.1	5.9	5.6	5.3	2.2
	2080	2.6	2.3	2.1	1.0	5.0	4.7	4.5	1.8
	2100	2.4	2.2	2.0	0.9	4.6	4.4	4.1	1.7

Notes: 2020 vs. 2100 prevalence under the Baseline scenario: 10.0% vs. 5.3% for women and 13.5% vs. 8.0% for men with former MDE. Current smoking = smoking at least 100 cigarettes in lifetime and smoking at all within the past year; ^aIncreased quitting under interventions; Any Tx = any type of cessation treatment (13.7% increase);

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Pharm Tx = pharmacological cessation treatment (58.8% increase).¹ ^bSee Figure S1; ^cMPC = Maximum Potential Cessation where 100% of smokers with current MDEs using mental health services quit smoking starting in 2020.

MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Table 3. Smoking prevalence under intervention scenarios for US adults with recall error, 2020 – 2100

Integrated cessation treatment ^a	Mental health service utilization ^b	Women with recall error (former MDE)				Men with recall error (former MDE)			
		No change from baseline	Increase by 10%	Increase by 20%	100%	No change from baseline	Increase by 10%	Increase by 20%	100%
Any Tx	2020	20.0	20.0	20.0	20.0	23.3	23.3	23.3	23.3
	2040	12.4	12.4	12.3	12.3	16.1	16.1	16.0	15.9
	2060	10.1	10.1	10.1	10.0	13.6	13.6	13.6	13.5
	2080	9.0	8.9	8.9	8.9	11.7	11.7	11.7	11.6
	2100	8.6	8.6	8.6	8.5	11.3	11.3	11.3	11.2
Pharm Tx	2020	20.0	20.0	20.0	20.0	23.3	23.3	23.3	23.3
	2040	12.0	11.9	11.9	11.7	15.7	15.7	15.6	15.3
	2060	9.7	9.6	9.5	9.3	13.2	13.2	13.1	12.6
	2080	8.5	8.4	8.4	8.1	11.3	11.2	11.2	10.7
	2100	8.1	8.1	8.0	7.8	10.9	10.8	10.7	10.2
100% increase	2020	20.0	20.0	20.0	20.0	23.3	23.3	23.3	23.3
	2040	11.7	11.6	11.5	11.2	15.4	15.4	15.3	14.7
	2060	9.3	9.2	9.1	8.7	12.9	12.8	12.7	11.9
	2080	8.1	8.0	7.9	7.5	10.9	10.8	10.8	9.9
	2100	7.8	7.7	7.6	7.2	10.5	10.4	10.3	9.5
150% increase	2020	20.0	20.0	20.0	20.0	23.3	23.3	23.3	23.3
	2040	11.3	11.2	11.1	10.6	15.1	15.0	14.9	14.0
	2060	8.9	8.8	8.6	8.0	12.5	12.4	12.3	11.1
	2080	7.7	7.6	7.5	6.9	10.6	10.4	10.3	9.2
	2100	7.4	7.3	7.1	6.6	10.1	10.0	9.9	8.8
200% increase	2020	20.0	20.0	20.0	20.0	23.3	23.3	23.3	23.3
	2040	11.0	10.8	10.7	10.1	14.8	14.7	14.6	13.5
	2060	8.6	8.4	8.2	7.5	12.2	12.0	11.9	10.5
	2080	7.4	7.3	7.1	6.4	10.2	10.1	9.9	8.6
	2100	7.1	6.9	6.8	6.1	9.8	9.6	9.5	8.1
MPC	2020	20.0	20.0	20.0	20.0	23.3	23.3	23.3	23.3
	2040	6.5	6.0	5.5	3.1	10.2	9.7	9.2	4.2
	2060	4.5	4.0	3.6	1.3	7.7	7.2	6.8	2.1
	2080	3.8	3.4	3.0	1.0	6.2	5.8	5.4	1.6
	2100	3.5	3.2	2.8	0.9	5.9	5.5	5.1	1.5

Notes: 2020 vs. 2100 prevalence under the Baseline scenario: 20.0% vs. 8.8% for women and 23.3% vs. 11.5% for men with recall error. Current smoking = smoking at least 100 cigarettes in lifetime and smoking at all within the past year; ^aIncreased quitting under interventions; Any Tx = any type of cessation treatment (13.7% increase);

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Pharm Tx = pharmacological cessation treatment (58.8% increase).¹ ^bSee Figure S1; ^cMPC = Maximum Potential Cessation scenario where 100% of smokers using mental health services quit smoking starting in 2020.

MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Table 4. Mortality outcomes under intervention scenarios among adults with current MDE, 2020-2100

Smoking-attributable deaths avoided, 2020-2100	Mental health service utilization ^a	Integrated cessation treatment ^b (% of MPC)					
		Any Tx	Pharm Tx	100% ^b increase	150% increase	200% increase	MPC ^c
Women with current MDE	No change from baseline	7,352 (4.4)	28,289 (16.9)	43,872 (26.2)	59,339 (35.4)	71,930 (42.9)	167,595
	Increase by 10%	8,079 (4.6)	30,991 (17.5)	47,939 (27.1)	64,658 (36.5)	78,180 (44.2)	177,035
	Increase by 20%	8,804 (4.7)	33,671 (18.1)	51,951 (28.0)	69,872 (37.6)	84,272 (45.4)	185,595
	100%	10,635 (5.3)	40,256 (20.0)	61,590 (30.6)	82,092 (40.7)	98,232 (48.7)	201,525
Men with current MDE	No change from baseline levels	7,799 (3.8)	30,329 (14.8)	47,428 (23.1)	64,707 (31.6)	79,013 (38.6)	204,897
	Increase by 10%	8,573 (3.9)	33,270 (15.3)	51,933 (23.9)	70,710 (32.5)	86,184 (39.7)	217,295
	Increase by 20%	9,346 (4.1)	36,194 (15.8)	56,396 (24.7)	76,631 (33.5)	93,228 (40.8)	228,613
	100%	13,849 (5.2)	52,749 (19.6)	81,045 (30.2)	108,414 (40.4)	130,034 (48.4)	268,481
Life-years gained, 2020- 2100	Mental health service utilization	Integrated cessation treatment ^b (% of MPC)					
		Any Tx	Pharm Tx	100% increase	150% increase	200% increase	MPC
Women with current MDE	No change from baseline	30,133 (4.2)	116,397 (16.3)	181,066 (25.3)	245,710 (34.3)	298,701 (41.7)	715,982
	Increase by 10%	33,116 (4.4)	127,559 (16.8)	197,965 (26.1)	267,951 (35.3)	324,987 (42.8)	758,629
	Increase by 20%	36,094 (4.5)	138,639 (17.4)	214,655 (26.9)	289,792 (36.3)	350,667 (44.0)	797,683
	100%	43,475 (5.0)	165,389 (19.0)	254,070 (29.2)	340,122 (39.1)	408,540 (47.0)	868,994
Men with current MDE	No change from baseline	35,140 (3.7)	137,053 (14.6)	214,813 (22.9)	293,794 (31.3)	359,525 (38.3)	939,850
	Increase by 10%	38,630 (3.9)	150,374 (15.0)	235,307 (23.5)	321,229 (32.1)	392,430 (39.2)	999,927
	Increase by 20%	42,116 (4.0)	163,630 (15.5)	255,628 (24.2)	348,325 (33.0)	424,809 (40.3)	1,055,335
	100%	62,914 (5.0)	240,635 (19.1)	370,986 (29.4)	498,106 (39.5)	599,371 (47.5)	1,260,887

^aBaseline levels based on the proportion of smokers with current MDEs who report seeing a health professional for their depression in the National Surveys on Drug Use and Health. ^bIncreased quitting under hypothetical cessation treatment interventions; Any Tx = any type of cessation treatment including behavioral, pharmacological, or a combination (13.7% increase); Pharm Tx = pharmacological cessation treatment (58.8% increase). ^cMPC = Maximum Potential Cessation scenario which assumes 100% of smokers receiving mental health services quit starting in 2020.

MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Table 5. Mortality outcomes under intervention scenarios among adults with former MDE, 2020-2100

Smoking-attributable deaths avoided, 2020-2100	Mental health service utilization ^a	Integrated cessation treatment ^b (% of MPC)					
		Any Tx	Pharm Tx	100% ^b increase	150% increase	200% increase	MPC ^c
Women with former MDE	No change from baseline	2,468 (4.0)	9,603 (15.5)	15,023 (24.3)	20,505 (33.1)	25,046 (40.4)	61,950
	Increase by 10%	2,713 (4.1)	10,531 (16.0)	16,443 (25.0)	22,394 (34.0)	27,300 (41.5)	65,798
	Increase by 20%	2,957 (4.3)	11,454 (16.5)	17,849 (25.7)	24,256 (35.0)	29,512 (42.6)	69,334
	100%	3,638 (4.8)	13,970 (18.3)	21,615 (28.3)	29,143 (38.1)	35,208 (46.1)	76,427
Men with former MDE	No change from baseline levels	3,132 (3.5)	12,313 (13.7)	19,421 (21.6)	26,742 (29.8)	32,918 (36.6)	89,876
	Increase by 10%	3,444 (3.6)	13,517 (14.1)	21,293 (22.2)	29,276 (30.5)	35,988 (37.4)	96,102
	Increase by 20%	3,755 (3.7)	14,717 (14.4)	23,153 (22.7)	31,786 (31.2)	39,021 (38.3)	101,924
	100%	5,933 (4.5)	22,964 (17.5)	35,748 (27.2)	48,498 (36.9)	58,889 (44.8)	131,306
Life-years gained, 2020- 2100	Mental health service utilization	Integrated cessation treatment ^b (% of MPC)					
		Any Tx	Pharm Tx	100% increase	150% increase	200% increase	MPC
Women with former MDE	No change from baseline	10,936 (3.9)	42,682 (15.0)	66,934 (23.6)	91,590 (32.3)	112,127 (39.5)	283,898
	Increase by 10%	12,022 (4.0)	46,819 (15.5)	73,290 (24.3)	100,087 (33.1)	122,304 (40.5)	302,200
	Increase by 20%	13,106 (4.1)	50,933 (16.0)	79,586 (24.9)	108,468 (34.0)	132,303 (41.5)	319,129
	100%	16,103 (4.6)	62,072 (17.6)	96,334 (27.3)	130,314 (36.9)	157,886 (44.7)	352,916
Men with former MDE	No change from baseline	15,206 (3.4)	59,923 (13.4)	94,711 (21.2)	130,697 (29.2)	161,190 (36.0)	447,427
	Increase by 10%	16,719 (3.5)	65,795 (13.7)	103,867 (21.7)	143,137 (29.9)	176,312 (36.8)	479,362
	Increase by 20%	18,231 (3.6)	71,645 (14.1)	112,969 (22.2)	155,470 (30.5)	191,262 (37.5)	509,388
	100%	28,986 (4.4)	112,586 (16.9)	175,762 (26.4)	239,185 (35.9)	291,221 (43.7)	665,952

^aBaseline levels based on the proportion of smokers with current MDEs who report seeing a health professional for their depression in the National Surveys on Drug Use and Health. ^bIncreased quitting under hypothetical cessation treatment interventions; Any Tx = any type of cessation treatment including behavioral, pharmacological, or a combination (13.7% increase); Pharm Tx = pharmacological cessation treatment (58.8% increase). ^cMPC = Maximum Potential Cessation scenario which assumes 100% of smokers receiving mental health services quit starting in 2020.

MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

Appendix Table 6. Mortality outcomes under intervention scenarios for adults with recall error, 2020-2100

Smoking-attributable deaths avoided, 2020-2100	Mental health service utilization ^a	Integrated cessation treatment ^b (% of MPC)					
		Any Tx	Pharm Tx	100% ^b increase	150% increase	200% increase	MPC ^c
Women with recall error	No change from baseline	6,688 (4.0)	25,993 (15.4)	40,633 (24.1)	55,425 (32.8)	67,677 (40.1)	168,788
	Increase by 10%	7,351 (4.1)	28,499 (15.9)	44,459 (24.8)	60,507 (33.8)	73,732 (41.1)	179,258
	Increase by 20%	8,013 (4.2)	30,989 (16.4)	48,244 (25.5)	65,509 (34.7)	79,665 (42.2)	188,888
	100%	9,931 (4.7)	38,106 (17.9)	58,939 (27.6)	79,468 (37.2)	96,040 (45.0)	213,355
Men with recall error	No change from baseline levels	4,800 (3.4)	18,843 (13.3)	29,699 (20.9)	40,875 (28.7)	50,312 (35.4)	142,209
	Increase by 10%	5,277 (3.5)	20,679 (13.6)	32,546 (21.4)	44,719 (29.4)	54,962 (36.2)	151,992
	Increase by 20%	5,754 (3.6)	22,508 (14.0)	35,371 (21.9)	48,522 (30.1)	59,546 (37.0)	161,145
	100%	9,143 (4.2)	35,362 (16.2)	55,044 (25.2)	74,719 (34.2)	90,833 (41.6)	218,520
Life-years gained, 2020- 2100	Mental health service utilization	Integrated cessation treatment ^b (% of MPC)					
		Any Tx	Pharm Tx	100% increase	150% increase	200% increase	MPC
Women with recall error	No change from baseline	25,933 (3.8)	101,158 (14.8)	158,602 (23.2)	217,028 (31.8)	265,744 (38.9)	682,433
	Increase by 10%	28,506 (3.9)	110,944 (15.3)	173,618 (23.9)	237,083 (32.6)	289,757 (39.9)	726,577
	Increase by 20%	31,075 (4.0)	120,671 (15.7)	188,486 (24.6)	256,852 (33.5)	313,331 (40.8)	767,480
	100%	38,558 (4.4)	148,636 (17.0)	230,771 (26.4)	312,422 (35.8)	378,919 (43.4)	872,547
Men with recall error	No change from baseline	21,066 (3.2)	83,050 (12.6)	131,357 (19.9)	181,478 (27.5)	224,132 (34.0)	659,806
	Increase by 10%	23,161 (3.3)	91,170 (12.9)	144,013 (20.4)	198,674 (28.1)	245,046 (34.6)	707,371
	Increase by 20%	25,254 (3.4)	99,258 (13.2)	156,586 (20.8)	215,706 (28.7)	265,701 (35.3)	752,250
	100%	40,562 (3.9)	157,813 (15.1)	246,858 (23.6)	336,895 (32.2)	411,498 (39.3)	1,046,333

^aBaseline levels based on the proportion of smokers with current MDEs who report seeing a health professional for their depression in the National Surveys on Drug Use and Health. ^bIncreased quitting under hypothetical cessation treatment interventions; Any Tx = any type of cessation treatment including behavioral, pharmacological, or a combination (13.7% increase); Pharm Tx = pharmacological cessation treatment (58.8% increase). ^cMPC = Maximum Potential Cessation scenario which assumes 100% of smokers receiving mental health services quit starting in 2020.

MDE, major depressive episode.

Appendix
The Potential Impact of Widespread Cessation Treatment for Smokers With Depression
Tam et al.

APPENDIX REFERENCES

1. Secades-Villa R, Gonzalez-Roz A, Garcia-Perez A, Becona E. Psychological, pharmacological, and combined smoking cessation interventions for smokers with current depression: A systematic review and meta-analysis. *PLoS One*. 2017;12(12):e0188849.