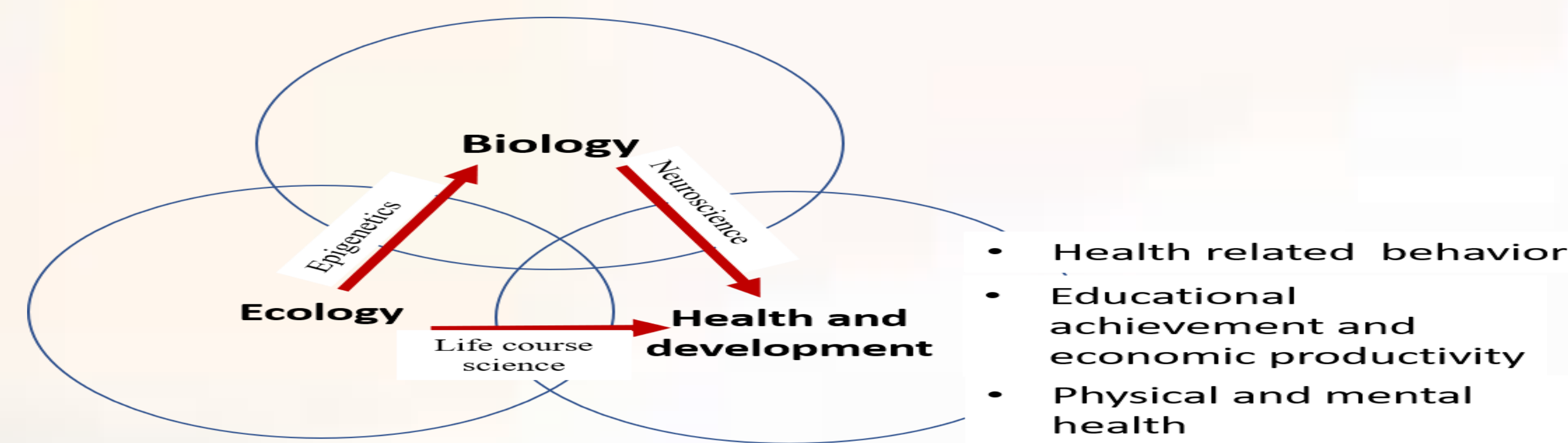


# Factors to Consider While Approaching Depressed Individuals Who Use Tobacco and Have Experienced Childhood Adversities: A Systematic Review

## Background

- Adverse childhood experiences (ACEs) impact the lives of more than 50% of individuals in the U.S.
- Being exposed to ACEs is significantly associated with having severe depression and with reporting heavy tobacco use.
- The eco-bio-developmental model, which helps explain the relationship between ACEs, tobacco, and depression, highlights the crucial need to address ACEs among individuals with mental and behavioral health problems.



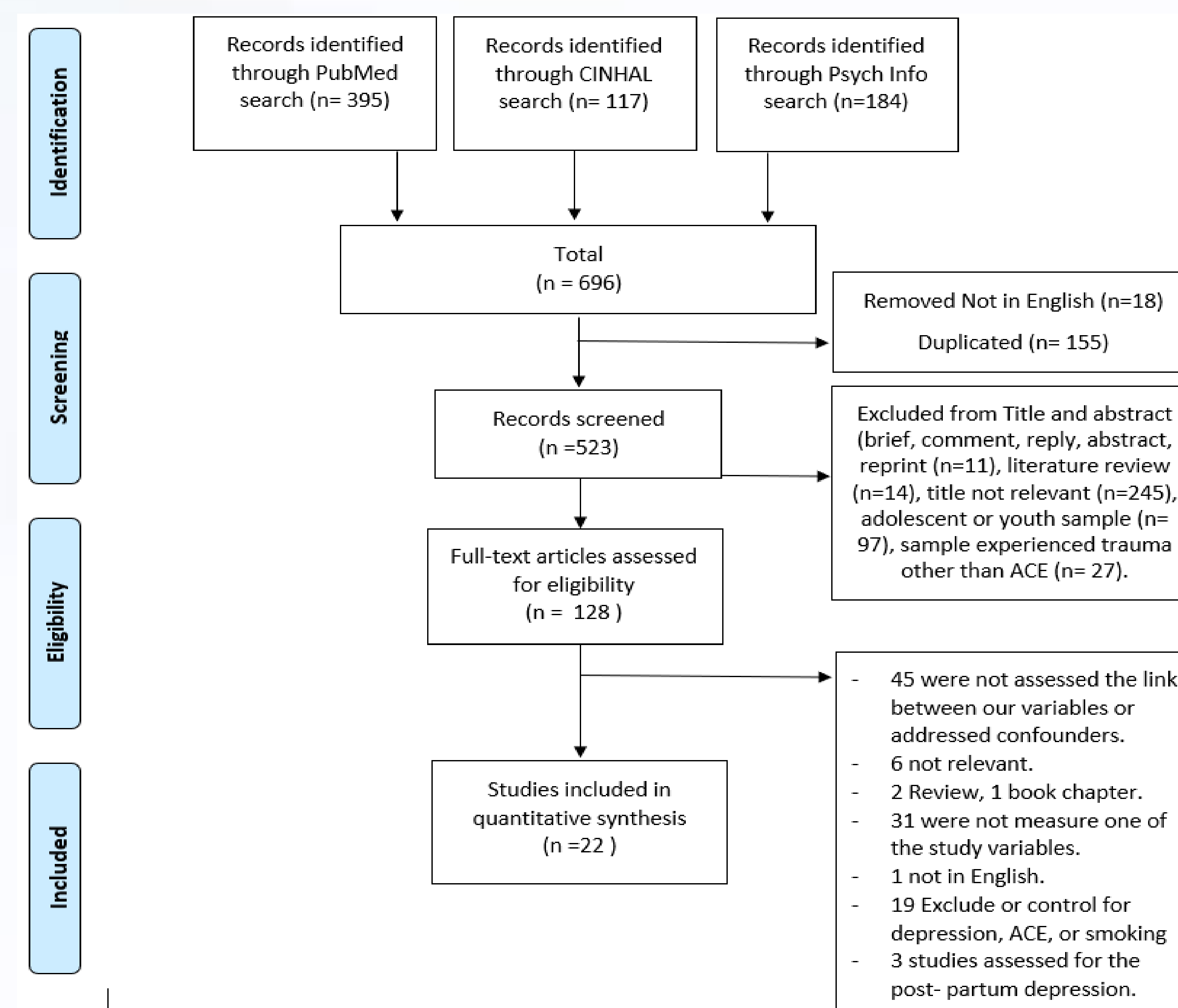
- Based on this model, clinicians need to address the ACEs among people who report tobacco and depression by using a more comprehensive approach.
- One potential approach is by examining factors that are associated with severe depression and heavy tobacco use among individuals who reported ACEs.

## Purpose

- To identify potential confounders that affect both depression and tobacco use among individuals with ACE's history. Identifying these variables may help the clinicians to emphasize on their impact while treating the affected individual.

## Methods

- We conducted a comprehensive search for evidence from Psych info, CINAHL, PubMed that considered the relationship between ACEs, tobacco, and depression.
- Articles were included if they focused on adults aged 18 years or older, measured ACEs and the severity of depressive symptoms, were written in English, and addressed confounders in the relationship between our variables of interest.
- Articles were excluded if they controlled for any ACEs, tobacco, or depression variables, or if they did not operationally measure any of these variables.
- The initial total number of articles retrieved from the search was 696 as of September 2020. After removing duplicates and assessing retrieved articles based on the inclusion/exclusion criteria, a total of 22 studies met the eligibility criteria and were included for analysis.

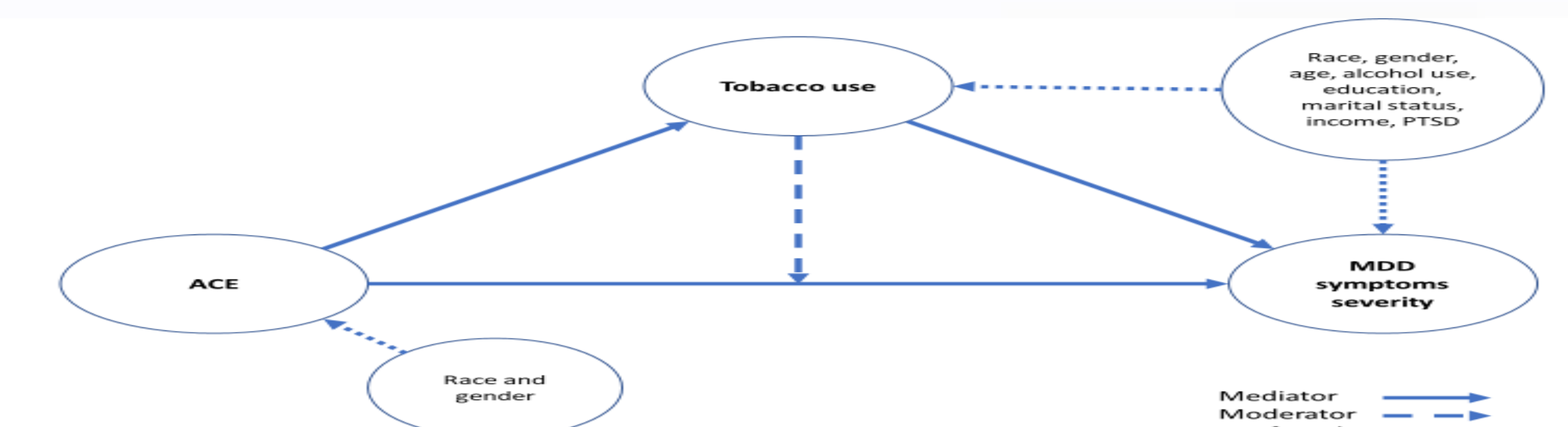


## Result

- Across these studies, researchers often treated age, gender, race/ethnicity, education, and marital status in the relationship between ACEs, tobacco, and depression as confounders.
- Other variables appeared necessary but less likely to be addressed among the identified evidence. These variables included: alcohol use, onset of tobacco use, post-traumatic stress disorder (PTSD)/traumatic life event/ being transferred from a child welfare agency, income/employment/living condition, perceived social support, body mass index, type of ACEs, sum score of ACEs, family wealth, and the state of living.

## Conclusions

- The outcome from this review indicated the presence of multiple covariates or confounders that possibly impact ACEs, tobacco use, and depression variables based on the eco-bio-developmental framework.



## Recommendation

- Based on these findings, clinicians may need to keep these factors in mind when approaching people who used tobacco, were diagnosed with depression, and reported ACEs.
- More research is required to address the impact of variables addressed in the eco-bio-developmental model such as marital status, ethnicity, alcohol use, life trauma in treating depression and tobacco use.
- Future review is also wanted to expand the search strategies, and to include confounders addressed in studies that assess ACEs and tobacco and depression..