

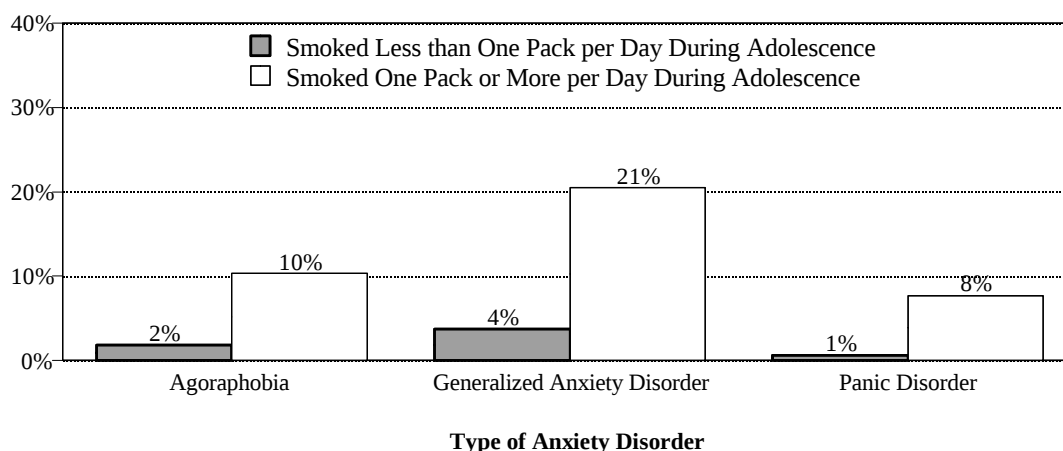
A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

Heavy Cigarette Smoking During Adolescence Associated With Higher Risk of Anxiety Disorders

A recent study published in the *Journal of the American Medical Association* revealed that heavy cigarette smoking (one pack or more per day) during adolescence is associated with a higher risk of developing agoraphobia, generalized anxiety disorder, and panic disorder in early adulthood. For example, while 4% of young adults who smoked less than one pack per day during adolescence developed generalized anxiety disorder, 21% of those who smoked one pack or more per day developed the same. Previous research indicates that impaired respiration may be associated with agoraphobia, generalized anxiety disorder, and panic disorder. The authors suggest that “by providing adolescents with information indicating that cigarette smoking may increase risk for the onset of anxiety disorders, it may be possible to increase the effectiveness of interventions that are designed to persuade young people to stop smoking cigarettes and to avoid initiating cigarette use” (p. 2350-2351).

Percentage of Young Adults With Anxiety Disorders, by Amount of Cigarettes Smoked During Adolescence



NOTES: Data is from a community-based sample of 688 youths from upstate New York interviewed in the years 1985-86 (at a mean age of 16 years) and in the years 1991-93 (at a mean age of 22 years). Findings controlled for age, sex, difficult childhood temperament, parental educational level, parental smoking, parental psychopathology, adolescent alcohol and drug use, and adolescent anxiety and depressive disorders.

SOURCE: Adapted by CESAR from Johnson J.G., Cohen P., Pine D.S., Klein D.F., Kasen S., Brook J.S., “Association Between Cigarette Smoking and Anxiety Disorders During Adolescence and Early Adulthood,” *Journal of the American Medical Association* 284(18):2348-2351, 2000. For more information, contact Dr. Jeffrey Johnson at jjohnso@pi.cpmc.columbia.edu.