

# Associations of cannabis use, high-risk alcohol use, and depressive symptomology with motivation and attempts to quit cigarette smoking among adults: Findings from the 2020 ITC Four Country Smoking and Vaping Survey

Gravely, S., Driezen, P., Shahab, L., McClure, E., Hyland, A., Cummings, K.M., East, K.A., Chan, C.K.G., Walsh, H., Benowitz, N.L., Gartner, C., Fong, G.T., Quah, A.C.K., & Smith, D.M.

## Abstract

This study assessed independent and interaction effects of the frequency of cannabis use, high-risk alcohol use, and depressive symptomology on motivation and attempts to quit cigarette smoking among adults who regularly smoked. Cross-sectional data are from the 2020 International Tobacco Control Four Country Smoking and Vaping Survey and included 7044 adults (ages 18 + years) who smoked cigarettes daily in Australia (n = 1113), Canada (n = 2069), England (n = 2444), and the United States (USA) (n = 1418). Among all respondents, 33.1% of adults reported wanting to quit smoking “a lot,” and 29.1% made a past-year quit attempt. Cannabis use was not significantly associated with either outcome (both  $p \geq 0.05$ ). High-risk alcohol use was significantly associated with decreased odds of motivation to quit ( $p = 0.02$ ) and making a quit attempt ( $p = 0.004$ ). Depressive symptomology was associated with increased odds for both outcomes (both  $p < 0.001$ ). There were no significant 2- or 3-way interactions between cannabis use, alcohol consumption, and depressive symptomatology. Overall, just over a quarter of adults who smoked daily reported making a recent quit attempt, and most were not highly motivated to quit. Longitudinal research should investigate whether there are linkages between cannabis use, risky alcohol consumption, and/or depression on successful long-term smoking cessation.

## Recommended Citation

Gravely, S., Driezen, P., Shahab, L., McClure, E., Hyland, A., Cummings, K.M., East, K.A., Chan, C.K.G., Walsh, H., Benowitz, N.L., Gartner, C., Fong, G.T., Quah, A.C.K., Smith, D.M. (2023). Associations of cannabis use, high-risk alcohol use, and depressive symptomology with motivation and attempts to quit cigarette smoking among adults: Findings from the 2020 ITC Four Country Smoking and Vaping Survey. *International Journal of Mental Health and Addiction*, [Published online Dec 14, doi: 10.1007/s11469-023-01214-8].

**Link to PDF:** <https://link.springer.com/article/10.1007/s11469-023-01214-8>