

MH1: True/False Statements and Answers



1. Smoking stops people from feeling stressed out.

FALSE – Smoking tobacco actually causes people to feel more stressed. Tobacco is a stimulant and although it may feel relaxing, it actually increases stress on the body and the brain.

2. Smoking tobacco can increase anxiety.

TRUE – Dopamine is a neurotransmitter (a brain signalling chemical) that is known as one of the 'feel-good' hormones. Nicotine, found in cigarettes and e-cigarettes, triggers the release of dopamine in the brain. As somebody becomes addicted to nicotine, their natural production of dopamine decreases, and they need to smoke or vape to get their levels back to normal. Dopamine doesn't stay in the body for very long, and as it drops the 'feel-good' affect starts to wear off, which can lead to stress and anxiety. Therefore, smoking and vaping can increase anxiety. The good news is that after quitting, dopamine regulation will go back to normal.

3. Smoking can negatively impact people's mental health because of money worries.

TRUE – Smoking is expensive. People may find themselves struggling financially due to the cost of smoking and it can leave people feeling stressed and anxious. The financial cost of smoking can worsen debt and leave people feeling hopeless. It's not only an issue for people who struggle financially, but spending money on cigarettes means that they have less money to do and buy other things.

4. Smoking doesn't cause issues within relationships.

FALSE – Smoking can cause arguments between people. Family members or friends may be annoyed, frustrated and worried about someone they care about who smoke. They may be worried about their health, money or even maybe about the way it smells. This can cause arguments which will affect mood, stress and feelings of isolation.

5. If a young person smokes or vapes, it won't impact on their schoolwork.

FALSE – Smoking or vaping can impact someone's ability to concentrate due to cravings, making it more likely that they fall behind with class work. This can add to stress and feelings of increased pressure.

6. It's easy to quit smoking or vaping.

FALSE – Nicotine is extremely addictive, and it is not easy for people to quit. The good news is that there is a lot of support for people who wish to stop smoking. Pharmacies, doctors and www.quityourway.scot can all give confidential support and advice to people who want to quit. Getting Nicotine replacement products and professional support through your quit attempt gives you a 4x greater chance of success compared to those who don't get any kind of support.

7. If someone has poor mental health, they should give themselves a shake and sort it out themselves.

FALSE – It is important that people who are having issues with their mental health seek support from a trusted person or support service. There is a lot of available help for young people.

8. There is a strong connection between smoking and depression.

TRUE – Statistics show that people who smoke can often go on to develop depression later in life.

9. Stopping smoking can improve depression.

TRUE – *It has been proven that stopping smoking has a positive impact on mental health. Consistent evidence from research shows that stopping smoking is associated with improvements in depression, anxiety, stress and feelings of wellbeing.*