

McLeish, A. C., Walker, K. L., Keith, R. J., & Hart, J. L. (2023). The role of perceived neighborhood cohesion in the association between depressive symptoms and cigarette smoking. *Substance Use & Misuse*, 58(10), 1295-1301. <https://doi.org/10.1080/10826084.2023.2215331>

Definitions

- **Neighborhood Cohesion:** The sense of belonging and connectedness people feel with their neighbors.
- **Depressive Symptoms:** Signs of depression, such as feeling very sad or losing interest in things you used to enjoy.
- **Smoking Frequency:** How often someone smokes.
- **Smoking Quantity:** How many cigarettes someone smokes in a given time period.

Key Findings

- People with more depressive symptoms often feel less connected to their neighbors.
- Feeling less connected to your neighborhood can lead to smoking more cigarettes.
- Improving neighborhood cohesion might help reduce the amount people smoke, especially if they are feeling depressed.

Introduction

The study explores how feeling connected to your neighborhood might influence the link between depression and smoking. The researchers wanted to see if people who feel more depressed tend to smoke more and if this is affected by how connected they feel to their neighborhood.

Main Content

Background

Depression and smoking are closely linked, with people who are depressed more likely to smoke and find it harder to quit. Feeling connected to your neighborhood, known as neighborhood cohesion, might help reduce both depression and smoking. This study examines whether neighborhood cohesion can explain why people with depression smoke more.

Methods

- **Participants:** 201 adults who smoked cigarettes in the past 30 days, average age 48.33 years, mostly female and White.
- **Data Collection:** Participants filled out surveys about their smoking habits, depression levels, and feelings of neighborhood cohesion.

- **Analysis:** The researchers used statistical methods to see if neighborhood cohesion affects the relationship between depression and smoking.

Results

- **Depressive Symptoms and Neighborhood Cohesion:** Higher depressive symptoms were linked to lower feelings of neighborhood cohesion.
- **Smoking Quantity:** Lower neighborhood cohesion was linked to smoking more cigarettes, but not necessarily to smoking every day.
- **Indirect Effects:** Depression leads to lower neighborhood cohesion, which in turn leads to smoking more.

Conclusion

The study suggests that feeling connected to your neighborhood can reduce the amount people smoke, especially if they are feeling depressed. This means that interventions aimed at improving neighborhood connections could help reduce smoking, particularly among those experiencing depression. Further research is needed to explore this relationship more deeply and to test interventions in different communities.

Word Count: 355

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