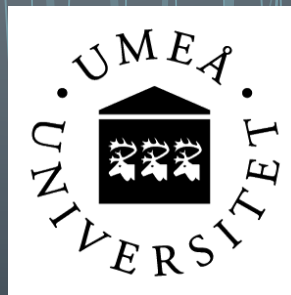


# *Vattenpipa, samband med mental ohälsa och drogbruk hos unga*

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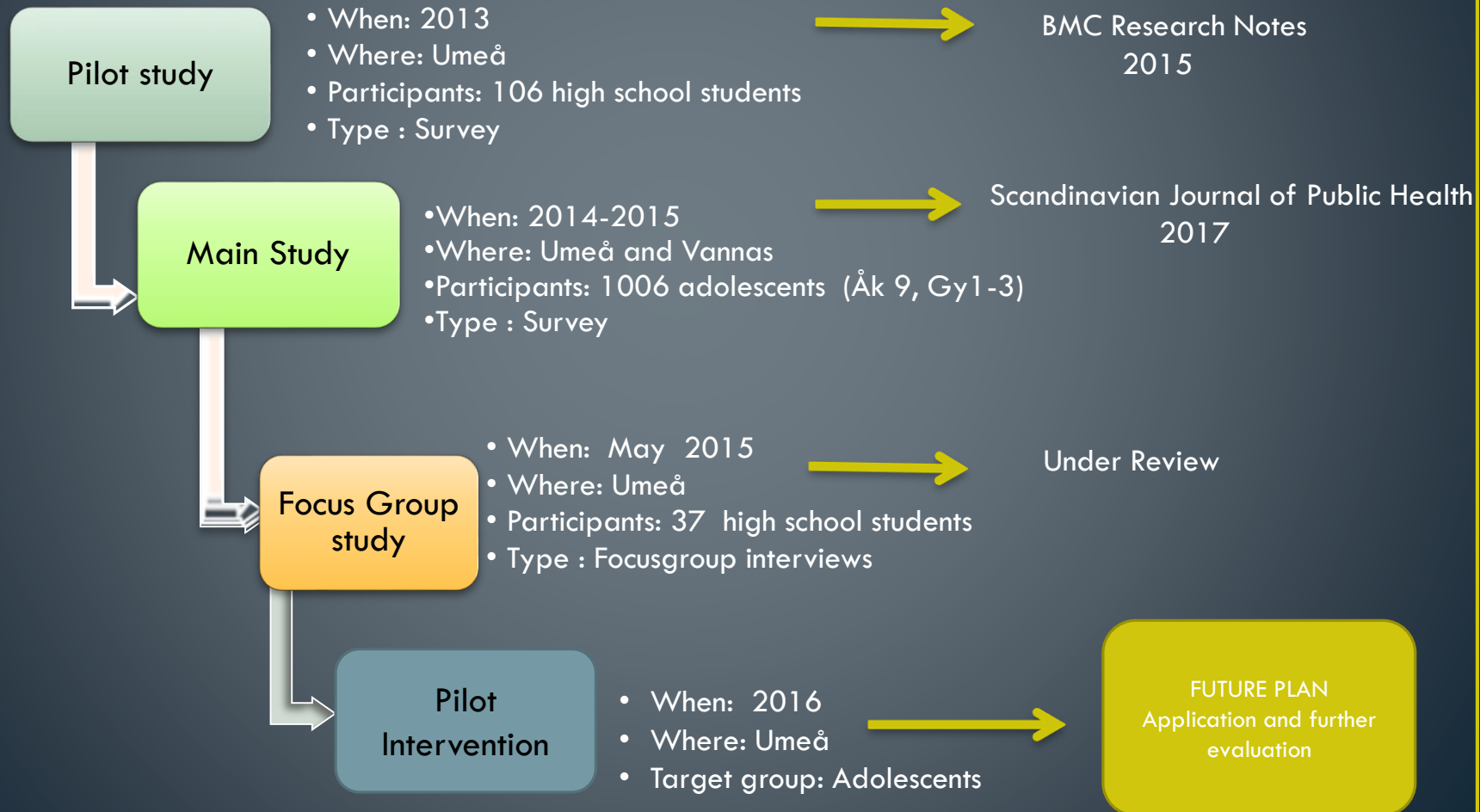


Västerbottens  
läns landsting

# Waterpipe smoking?

- Originated about 400 years ago in India, culture in Middle East
- Concerning new smoking trends among the adolescents globally
- Lack of studies about waterpipe smoking and health effects
- CAN assessed waterpipe smoking for the first time in 2009
- Need for research to understand and develop specific interventions
- Waterpipe smoking is as dangerous as smoking cigarettes

# Waterpipe project and stages



# Highlights in this presentation - Aims

To explore:

The association between mental health and waterpipe smoking

The association between use of other drugs among waterpipe smokers compared to non-smokers

# Preliminary results

- 22% Tested Waterpipe smoking
- 15% Smoked more than once
- 7% Smoked in last 30 days
- Waterpipe use increased with increasing age

# Mental Health and Waterpipe smoking

- **Lack of studies** on mental health and waterpipe use in adolescents
- **Known association** between mental health and other forms of tobacco use
- Nicotine intake – a **self medication** for alleviation of mental health symptoms.
- Three main mental health indicators including **stress, mental energy (fatigue) and sleep quality** and its association to waterpipe smoking were assessed in our study

# Waterpipe use and mental health

| Variable      | OR   | 95%CI       |
|---------------|------|-------------|
| Stress        | 1.09 | 1.01-1.19** |
| Mental energy | 0.89 | 0.81-0.99** |
| Sleep quality | 0.98 | 0.90-1.08   |

Note in this analysis we also controlled for other health behaviors but those are not presented here

- High stress was associated with waterpipe use
- Lower mental energy was associated with waterpipe use

# Waterpipe use and use of other drugs

| Variable                    | OR   | 95%CI         |
|-----------------------------|------|---------------|
| Gender                      | 1.39 | 0.96-0.03     |
| School Grade                | 1.59 | 1.29-1.97 *** |
| School                      | 1.07 | 0.83-1.38     |
| Cigarette ever-use          | 3.99 | 2.50-6.39 *** |
| Snus ever-use               | 2.25 | 1.46-3.46***  |
| E-cigarette ever-use        | 3.35 | 2.21-5.09 *** |
| Engaging in gambling        | 1.20 | 0.81-1.77     |
| Alcohol ever-use            | 1.97 | 1.11-3.51*    |
| Narcotics ever-use          | 4.09 | 1.99-8.44***  |
| Engaging in sports/exercise | 0.87 | 0.54-1.41     |



# Concluding comments

- Co-use of waterpipe together with known problem areas - cigarette, snus, alcohol
- Addressing the knowledge gaps will help restraining waterpipe use
- Access to waterpipe products- policy and control
- Our study was cross-sectional – caution in interpreting results
- More research and attention to waterpipe smoking warranted

**THANK YOU!**

**TACK!!!**

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