

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA
UNSTARRED QUESTION NO. 1218
TO BE ANSWERED ON 9TH FEBRUARY, 2018**

MENTAL ILLNESS DUE TO SMOKING

1218. SHRIMATI RANJANBEN BHATT:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether smoking increases the risk of mental illness;
- (b) if so, whether the Government is considering to take any firm steps to check smoking; and
- (c) if so, the details thereof?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SMT. ANUPRIYA PATEL)**

(a): Studies have shown that early life exposure to smoking has been demonstrated to be associated with enhanced anxiety response in later life. There are also studies which demonstrate association between chronic smoking and psychotic illness.

Few other studies show that tobacco smokers are likely to develop anxiety disorders and depression over a period of time.

Some studies also suggest that patients already taking antidepressants or antipsychotic drugs for anxiety, depression, schizophrenia, etc need higher doses of these medicines as compared to non-smokers.

Quitting smoking helps in boosting mental health and well being, improve mood and help relieve stress, anxiety and depression.

(b) & (c): The Ministry of Health & Family Welfare has enacted a comprehensive legislation, namely the Cigarettes and Other Tobacco Products (Prohibition of Advertisement and Regulation of Trade and Commerce, Production, Supply and Distribution) Act, 2003 (COTPA 2003) to discourage the consumption of tobacco products in order to protect the masses from the health hazards attributable to tobacco use.

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The National Tobacco Control Programme (NTCP) was launched by this Ministry in 2007- 08 with the aim to (i) create awareness about the harmful effects of tobacco consumption, (ii) reduce the production and supply of tobacco products, (iii) ensure effective implementation of the provisions under COTPA, 2003 (iv) help the people quit tobacco use, and (v) facilitate implementation of strategies for prevention and control of tobacco advocated by WHO Framework Convention of Tobacco Control.

Government of India notified rules to regulate films and TV programmes depicting scenes of tobacco usage to spread awareness. Such films and TV programmes are statutorily required to run anti-tobacco health spots, disclaimers and static health warnings.

Further, to spread awareness on adverse impact of consumption of tobacco products, the size of specified health warnings on packages of tobacco and tobacco products has been increased to 85% w.e.f. 1st April, 2016.

The Ministry started National Toll-free Helpline in 2008, with a primary aim to report violations under various provisions of COTPA 2003. In addition, this Helpline provides information on harmful effects of consumption of tobacco, and on how to quit tobacco use, including after-effects of quitting tobacco.

The Ministry also started National Tobacco Quitline to provide tobacco cessation services to the community and has launched a pan-India “mCessation” initiative to reach out to tobacco users who are willing to quit tobacco use and to support them towards successful quitting through text-messaging via mobile phones.

The stakeholders are being made aware on a regular basis about the adverse effects of tobacco usage on health through various anti-tobacco campaigns vide different mode of communication.

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