2. To Affect Mood and Control Weight

a. Mood

Surveys show that people use tobacco to achieve a relaxing effect, both in stressful situations and to enhance pleasure.¹⁵¹ For example, one survey found that 65% to 75% of adults believed that smoking reduced nervous irritation.¹⁵² Similarly, a recent survey of young people aged 10 to 22 found that of daily smokers, 72.8% said that smoking relaxed them. Of daily smokeless tobacco users, 53.8% reported that smokeless tobacco relaxed them.¹⁵³ Studies also have shown that smokers use cigarettes in an attempt to reduce negative feelings.¹⁵⁴

The 1988 Surgeon General Report reviewed the epidemiological literature on the effects of smoking on mood and concluded:

The conclusion from this literature is that in the general population, persons perceive that smoking has functions that are relevant for mood regulation. Persons report that they smoke more in situations involving negative mood, and they perceive that smoking helps them to feel better in such situations These data do not necessarily indicate that the various functions characterize different types of smokers; rather, they suggest that most functions are salient to an individual but are operative at different times or in

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Surgeon General's Report. 1988. Nicotine Addiction. Page 399.

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Surgeon General's Report. 1988. Nicotine Addiction. Pages 394-399.

¹⁵² See

¹⁵³ See CDC, note 86, supra.

¹⁵⁴ See: