

Low quality of life in depressed female smokers: results of a clinical trial

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Resumo: *A clinical trial was conducted to examine clinical characteristics in depressed female smokers, in order to better clarify the process that link mood disorders, childhood trauma and smoking in women. The clinical sample comprised women with unipolar or bipolar depression, divided into subgroups of smokers and never-smoker. The control groups comprised two subgroups non-depressed women, separated into smokers and never-smokers. A structured questionnaire was used to assess socio-demographic and clinical data. The following scales were used: 17-item version Hamilton Depression Rating Scale, Hamilton Anxiety Rating scale (HAM-A), the Child Trauma Questionnaire and the quality of life was evaluated using the World Health Organization Quality of Life Instrument, abbreviated version (WHOQOL-BREF). One of the conclusions is that depressed female smokers have lower quality of life, higher scores of anxiety and depression when compared to female non smokers and non mood disorders.*

Palavras-chave: Anova; clinical trial; depression; psychiatric research; software R.

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