* (a) the main idea,
* (b) why (or why not) it will be useful for your project, and
* (c) its potential shortcomings, that you will try to improve upon.

The relationship between smoking cessation and binge drinking, depression, T and anxiety symptoms among smokers with serious mental illness

**Associations of Smoking, Physical Inactivity, Heavy Drinking, and Obesity with Quality-Adjusted Life Expectancy among US Adults with Depression**

This research shows that physical inactivity and smoking lowers the quality of life of people with depression more that those without depression. It suggests an association between depression and alcohol abuse and smoking. The research got its data from BRFSS surveys.

- The research is tightly related to what we are going to do. We are going to use this research in deep for our studies.

- The effect of these risk behaviors is independent of other behaviors are estimated. The correlation may lead to weak estimation.

**Depression and Anxiety in the United**

**States: Findings From the 2006 Behavioral**

**Risk Factor Surveillance System**

This paper studies the prevalence of depression and anxiety and its effect on chronic medical disorder and adverse health behaviors. They use BRFSS survey for 2006. It shows that in that year, overall, 8.7\% of people were depressed, 15.7\% diagnosed with lifetime depression, and 11.3\% were diagnosed with lifetime anxiety. The research attributes inactivity to depression and anxiety and strongly attributes the two symptoms to drinking alcohol.

-This research also helps us understand the magnitude of prevalence of depression and anxiety among people of US in various districts.

- Due to the nature of the survey, the data won’t cover low socioeconomic status and those with severely impaired physical or mental health. And it only covers 38 stats and few districts.

**Is Smoking Associated with Depression**

**and Anxiety in Teenagers? Short paper**

This research tries to find the association between smoking and anxiety and depression among teenagers. They surveyed high school students in Australia which included writing diary for tobacco use. The research, done in 1996, concludes that teenagers used smoking to medicate their depression and advised to consider smoking as a remedy for depression.

* This is in direct odd to our research and current state of science and made us think out of what is commonly accepted.
* The research is old and new researches contradicts the results

**Effects of anxiety sensitivity on alcohol problems:**

**evaluating chained mediation through generalized**

**anxiety, depression and drinking motives**

The research uses chained mediation process to show the link between alcohol consumption and anxiety sensitivity and depression. The research shows that anxiety and alcohol are related in which people drink to cope with negative emotions and that lead to depression and anxiety.

* This research corroborates with our research hypothesis that there is a link between drinking and anxiety and depression.
* The research admits that there could be more variable that corelate itself to anxiety and depression and may cause some overlap in the results.

With regards to association between drinking alcohol and anxiety and depression, in our literature review, we studied four papers. Three [1][2][3]of these research papers corroborated our hypothesis that abusing alcohol and smoking leads to anxiety and depression. Two of the researches used the BRFSS data set that we are going to use in our research too. We are going to use these three papers for our research. Almost all of them mentioned as shortcoming that more than one or couple variable affects human’s mental health. Interestingly, one research from 96 advised school to look into using smoke to help teenagers cope with depression. We are not going to use this paper. The conclusion from this paper relates to paper [2] that explains of chained mediation in which people go to drinking or smoking to cope with depression but that increases their symptoms through time.