

# Effect of Music Television Channels On Smoking and Depression

Francisco E Ramirez<sup>1</sup>, Neil Nedley<sup>2</sup>, Jonathan Emerson<sup>3</sup>, Vinicius Seide<sup>3</sup>

<sup>1</sup>Director of Research, Nedley Clinic, <sup>2</sup>Clinic Director, Nedley Clinic, <sup>3</sup>Research, Weimar Institute



## Introduction

Some popular TV and online music videos show people smoking and make it appear like a desirable habit. We examined whether usual viewers of those videos have an effect on smoking and mental health.

## Methods

Participants of an 8 weeks educational program which met once a week were retrospectively included. Each program was run by trained facilitators it consisted of a presentation by a professional followed by group discussions. The program taught healthy behaviors such as exercise, plant-based diet, positive thinking, sleep hygiene and overcoming addictions among others. The participants completed a mental health test at baseline and at the end of the program. It measured depression according to the DSM-5 [The Diagnostic and Statistical Manual of Mental Disorders Volume 5] criteria, demographics, patient history, inquiring about tobacco usage and popular music television channels viewing patterns.

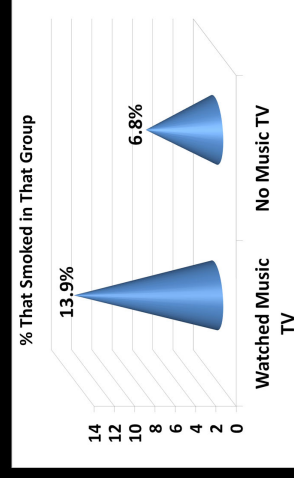
## Results

From n=5997 participants from 5 continents that finished the program, n=1004 reported watching music television channels on a regular basis. The n=1004 had a mean age of 49.8, St Dev 18, 70% females.

From the n=1004, n=140 (13.9%) used tobacco products and had they had a mean depression score of 13 (moderate), St Dev 7.4. From the n=1004, 76.3% (n=767) qualified as depressed. The group that did not watch music television channels on a regular basis (n=4493) had a mean age of 52.8, 70% females. From that group, n=341 (6.8%) used tobacco products and had a mean depression score of 11.9 (low-moderate), St Dev 7.5. From the n=4493, n=3480 (69.6%) qualified as depressed. By the end of 8-weeks, the group that by the end continued to watch music television channels had a mean depression score of 7.2 (mild), St Dev 5.9, 5.7% of these stopped using tobacco by the end of the program. Those who had did not watch MTV channels at the end had a mean depression score of 6.3 (none), St dev 5.9. From these, 17.5% stopped using tobacco products.

## Conclusions

It seems that those that watched the music television channels had higher rates of smoking as well as higher depression scores. The educational intervention was effective in reducing smoking rates and depression for both groups, with a bigger response rate for those that stopped their exposure to the music channels. Further study must be done with a control group and see if these results are long-term.



Contact:  
ERamirez@weimar.edu