

**“Stress and Cigarette Smoking among Black and Latinx Adults with Psychiatric Disorders”**

on Thursday, December 9, at 1:00 pm EST (60 minutes)

Speakers:

- **Danielle M. Shpigel, PhD**, Licensed Clinical Psychologist, Arlington, DC Behavior Therapy Institute, Rehabilitation Neuropsychologist & Founder, NeuroCognitive & Behavioral Diagnostics, Adjunct Faculty, Department of Applied Psychology, Steinhardt School of Culture, Education, and Human Development, New York University
- **Andrea H. Weinberger, PhD**, Licensed Clinical Psychologist, Associate Professor, Ferkauf Graduate School of Psychology, Yeshiva University, Research Assistant Professor, Department of Epidemiology and Population Health, Albert Einstein College of Medicine

---

## I. Demographics

*Q: In this day and age I would like to see the panel include BI-POC experts. My question, what are the resources available, i.e., how to find BI-BOC health professionals, for clients that want to take a culturally specific approach to their health and healing.*

Specifically related to cigarette smoking, there are several societies with an emphasis on research and/or clinical work that could be contacted with regard to identifying BI-POC experts including the Society for Research on Nicotine and Tobacco ([www.SRNT.org](http://www.SRNT.org) and the SRNT Health Disparities Network specifically), the Association for the Treatment of Tobacco Use and Dependence (<https://www.attud.org/>). The NIH also has the National Institute on Minority Health and Health Disparities (<https://www.nimhd.nih.gov/>).

Here are some other resources that I found online:

<https://www.purewow.com/wellness/bipoc-mental-health-resources>

<https://www.naminh.org/resources-2/nationwide-resources/>

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions> - **Andrea Weinberger (AW)**

*Q: What makes menthol so appealing to certain ... groups?*

A: There is a very interesting article that was published in Nicotine and Tobacco Research several years ago (Gardiner, 2004) that discussed the specific targeting that tobacco companies did in the Black community related to menthol cigarettes.

Gardiner PS. The African Americanization of menthol cigarette use in the United States. *Nicotine Tob Res.* 2004;6 Suppl 1:S55-S65. doi:10.1080/14622200310001649478

From the abstract:

Today, over 70% of African American smokers prefer menthol cigarettes, compared with 30% of White smokers.

This unique social phenomenon was principally occasioned by the tobacco industry's masterful manipulation of the burgeoning Black, urban, segregated, consumer market in the 1960s. Through the use of television and other advertising media, coupled with culturally tailored images and messages, the tobacco industry "African Americanized" menthol cigarettes. The tobacco industry successfully positioned mentholated products, especially Kool, as young, hip, new, and healthy. During the time that menthols were gaining a large market share in the African American community, the tobacco industry donated funds to African American organizations hoping to blunt the attack on their products. Many of the findings in this article are drawn from the tobacco industry documents disclosed following the Master Settlement Agreement in 1998. After a short review of the origins and growth of menthols, this article examines some key social factors that, when considered together, led to disproportionate use of mentholated cigarettes by African Americans compared with other Americans. Unfortunately, the long-term impact of the industry's practice in this community may be partly responsible for the disproportionately high tobacco-related disease and mortality among African Americans generally and African American males particularly. - **AW**

---

## II. Stress

*Q: Please can you explain more about Psychosocial stressors?*

A: Here is the definition of Psychosocial Stressors from the APA:

### **Psychosocial stressor:**

"...A life situation that creates an unusual or intense level of stress that may contribute to the development or aggravation of mental disorder, illness, or maladaptive behavior. Examples of psychosocial stressors include divorce, the death of a child, prolonged illness, unwanted change of residence, a natural catastrophe, or a highly competitive work situation."

<https://dictionary.apa.org/psychosocial-stressor>

I think this article is an interesting one on stress and health:

Schneiderman N, Ironson G, Siegel SD. Stress and health: psychological, behavioral, and biological determinants. *Annu Rev Clin Psychol.* 2005;1:607-628. doi:10.1146/annurev.clinpsy.1.102803.144141

You can learn about the Perceived Stress Scale here:

<https://www.cmu.edu/dietrich/psychology/stress-immunity-disease-lab/scales/index.html> - **AW**

*Q: If the subject is stressed by any number of SDOHs (Social Determinants of Health), how is that not linked to systemic racism?*

A: We apologize if this was not clear, but we do believe that Social Determinants of Health are linked to systemic racism. We also feel that we need multi-layer efforts to reduce stress and stress-related tobacco use, and improve health related to SDOH (from targeting individuals to targeting larger systems). Some of the research that we are using to inform our work includes studies by Braveman et al (2011) and Williams et al (2019). Please see below for the full citations and the attached for copies of the articles.

1. Braveman PA, Egerter SA, Mockenhaupt RE. Broadening the focus: the need to address the social determinants of health. *Am J Prev Med.* 2011;40 (1 Suppl 1):S4-S18. doi:10.1016/j.amepre.2010.10.002

2. Williams DR, Lawrence JA, Davis BA. Racism and Health: Evidence and Needed Research. *Annu Rev Public Health.* 2019 Apr 1;40:105-125. doi: 10.1146/annurev-publhealth-040218-043750.) - **Danielle Shpigel (DS) and Andrea Weinberger (AW)**

*Q: I want to ask how CBT (Cognitive Behavioral Therapy) can help in treatment?*

A: I'm not sure if you're referring to the use of Cognitive Behavioral Therapy to help with stress management or as a smoking cessation specific intervention. However, CBT and other CBT based treatments, such as Mindfulness Based Stress Reduction (MBSR), are great tools that mental health providers can use with their clients to help them learn how to better cope with various types of stress, including those mentioned during our presentation, and thus hopefully reduce both cigarette smoking rates and increase the likelihood that clients are successful in their quit attempts. - **DS**