

**Risk Factors and Comorbidities for Occasional and Daily Smoking in European Adolescents: Results of the Seyle Project**

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**BACKGROUND:** Smoking among adolescents is still a major public health problem and a global concern. Early onset and long-term smoking are associated with physical and psychological health problems.

**OBJECTIVE:** To identify risk factors and comorbidities for occasional and daily smoking among European adolescents.

**METHODS:** In the context of the Europe-wide 'Saving and Empowering Young Lives in Europe' (SEYLE) study we surveyed 12,328 youths at the age of 13 to 17 from 11 countries. We applied questions from the *Global School-Based Student Health Survey* to determine nicotine consumption as well as other risk behaviors. Psychiatric symptoms were assessed by the *Strengths and Difficulties Questionnaire*, the *Becks Depression Inventory-II*, the *Zung Self-Rating Anxiety Scale*, the *Deliberate Self-Harm Inventory* and the *Paykel Suicide Scale*.

**RESULTS:** On average 30.9% of adolescents reported daily smoking and the onset of smoking was reported by 35.3% between the age of 12 and 13 already. Multinomial logistic regression model showed significant correlations between adolescent smoking and migration background, living in single parent households, no physical activity, parental smoking and physical fights. Further it revealed significant associations of adolescent smoking with alcohol consumption, illegal drug use, anxiety, conduct problems, hyperactivity, suicidal ideation, self-injury and internet-dependence.

**CONCLUSION:** Our data show that adolescent smoking is associated with psychosocial factors, especially family setting and parental behaviors. Further, smoking and psychiatric problems are highly correlated. Therefore, early preventive measures are necessary and essential not only for adolescents but also for their parents.