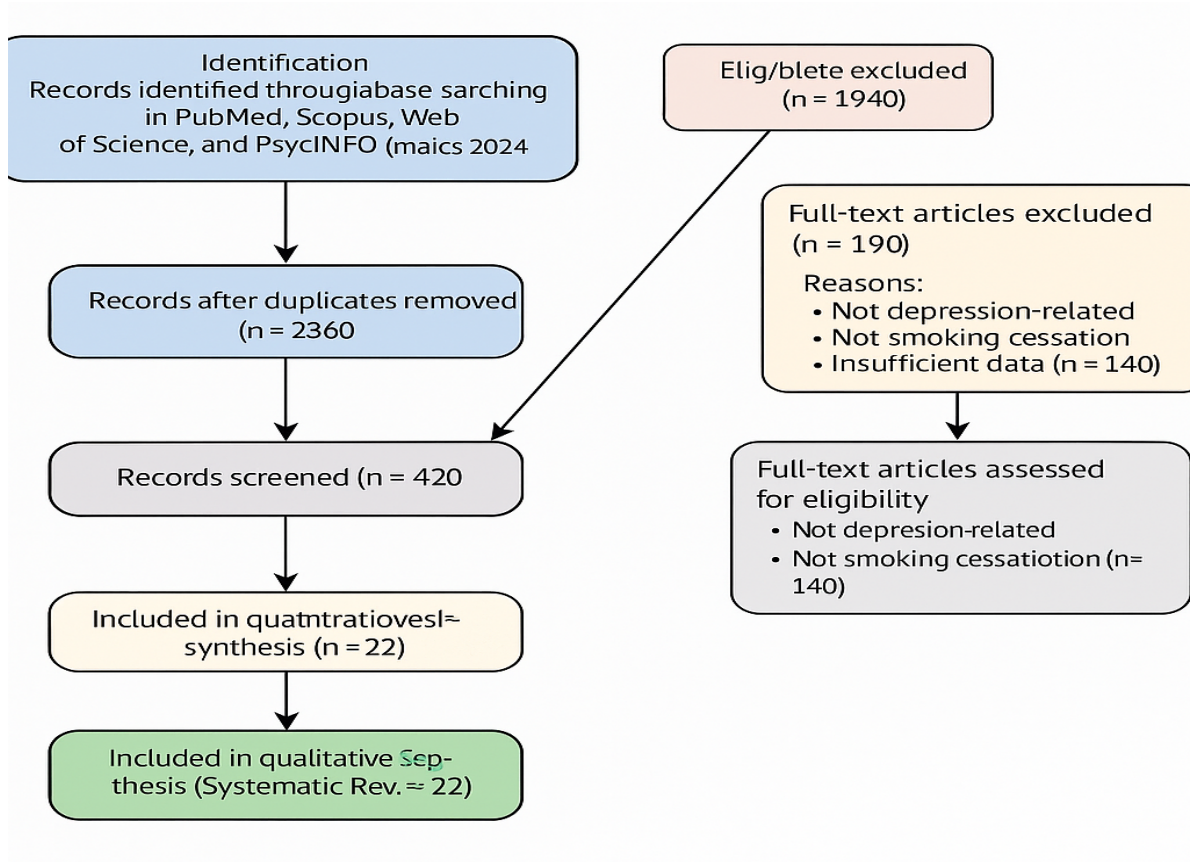
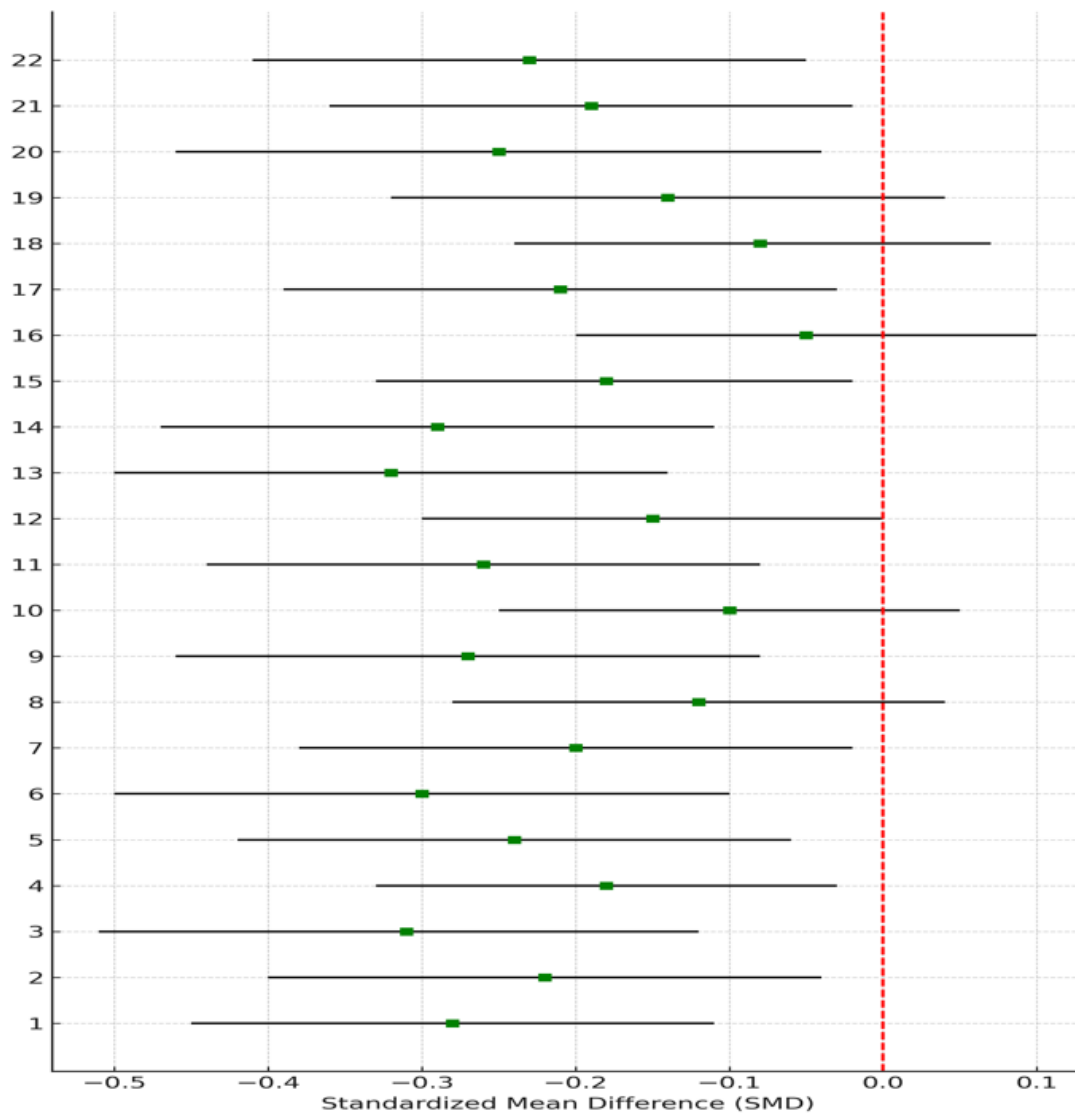


Figures

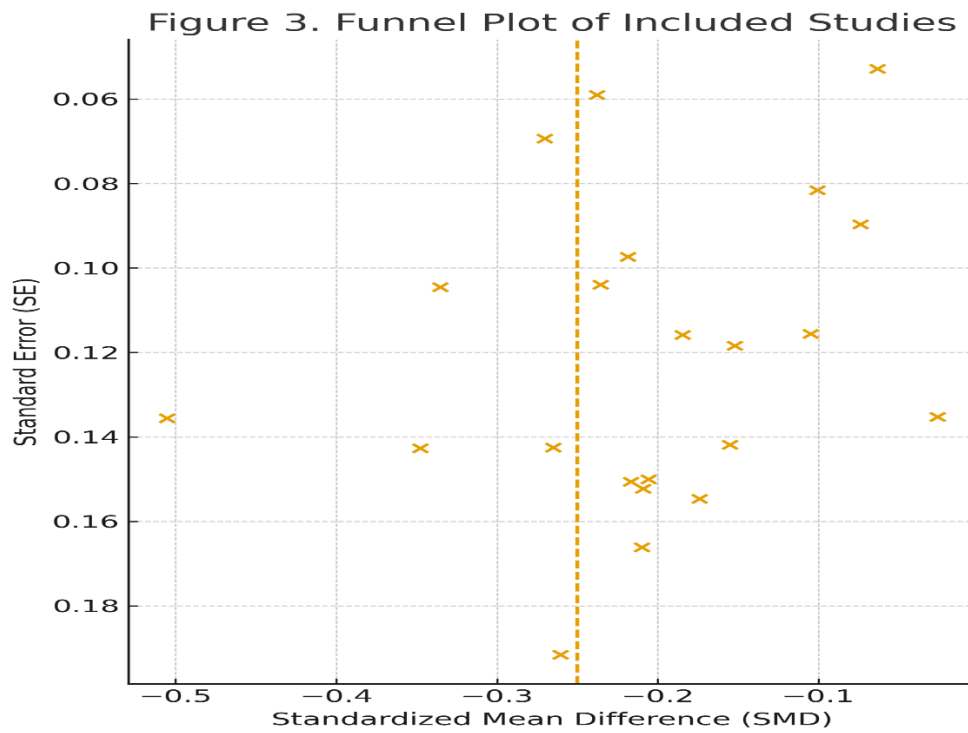


Supplementary Figure 1. PRISMA 2020 Flow Diagram of Study Selection. Identification, screening, eligibility, and inclusion of studies on smoking cessation and depressive disorders (Included studies (n = 22; refs 1–22)2000–2024).



Model: Random-effects (DerSimonian Laird). Values represent effect sizes with 95% confidence intervals (95% = 95% CI). Left axis: SMD (standardized mean difference). Right axis: OR (odds ratio). AOR = adjusted odds ratio; crude = unadjusted. SMD meta-analysis heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0000$, $Q = 1.42$, $p = 0.985$. OR meta-analysis heterogeneity: $I^2 = 0\%$, $\tau^2 = 0.0000$, $Q = 0.17$, $p = 0.678$

Supplementary Figure 2. Forest Plot of the Effects of Smoking Cessation on Depressive Symptoms. Meta-analysis of 22 studies (RCTs and cohort studies, 2001–2024) using validated depression scales; pooled standardized mean difference = -0.25 (95% CI: -0.37 to -0.12).



Supplementary Figure 3. Funnel plot for publication bias in studies reporting standardized mean differences (SMD) in depressive symptoms after smoking cessation (random-effects model; pooled SMD = -0.25).