

Peer Review

Review of: "Tobacco Use and Perceived Stress Among Male College Students in Bangalore, India"

Hany Akeel Al-hussaniy¹

1. University of Baghdad, Iraq

This study explores an important public health issue by examining the relationship between tobacco use, perceived stress, and nicotine dependence among male college students in India, a demographic particularly vulnerable to smoking initiation and addiction. The use of validated psychometric instruments such as the Perceived Stress Scale (PSS-14) and the Autonomy Over Smoking Scale (AUTOS) strengthens the methodological foundation, and the distinction between smoking status subgroups provides useful analytical depth. The finding that perceived stress did not significantly differ between smokers and nonsmokers is noteworthy and contributes to ongoing debates regarding the role of stress in smoking initiation. The strong positive correlation observed between perceived stress and nicotine dependence is clinically meaningful and aligns with theoretical models linking addiction severity to emotional regulation and withdrawal-related distress.

However, several methodological limitations should be acknowledged. The relatively small and homogeneous sample, restricted to male college students from a single geographic region, limits generalizability. The cross-sectional design precludes causal inference, and reliance on self-reported measures introduces potential reporting bias. Additionally, the exclusion of female participants restricts the ability to examine gender-related behavioral differences, which are increasingly relevant in tobacco epidemiology. Future studies would benefit from longitudinal designs, broader demographic representation, and inclusion of additional psychosocial variables such as coping style, peer influence, and socioeconomic factors.

Overall, the study provides useful preliminary evidence on the relationship between stress and tobacco dependence among young adults and highlights the importance of targeting psychological factors in tobacco prevention and cessation strategies.

Declarations

Potential competing interests: No potential competing interests to declare.