



**A CROSS-SECTIONAL STUDY TO SEE THE PREVALENCE OF PSYCHIATRIC COMORBIDITIES AMONG ALCOHOL DEPENDENT PATIENTS**

**Dr. Reema Dey\***

Senior Resident , Department of Psychiatry, ESIPGIMSR & ESIC Medical College and Hospital ,Joka, Kolkata. \*Corresponding Author

**Dr. Deepanjali Medhi**

Associate Professor, Department of Psychiatry, Gauhati Medical College and Hospital, Guwahati.

**ABSTRACT**

**Background:** With the industrial revolution and trade, alcohol dependence became a global public health problem along with comorbid psychiatric disorders.

**Objectives :** to assess the prevalence of psychiatric comorbidities among alcohol dependent patients.

**Material and method :**40 cases of alcohol dependent patients who attended psychiatry OPD of Gauhati Medical College were selected based on ICD 10 criteria. The psychiatric comorbidities were assessed in them using MINI INTERNATIONAL NEUROPSYCHIATRIC INTERVIEW

**Result:** In our study of 40 alcohol dependent patients psychiatric comorbidities were found in 22(55%).Among the patients with comorbidities, mood disorders were most prevalent with major depressive disorder in 5 (12.5%), bipolar type 1 disorder in 2 (5%), bipolar type 2 disorder in 1 (2.5%), manic episode in 1 (2.5%). Anxiety disorders were also common with generalized anxiety disorder in 4 (10%), social anxiety disorder in 2 (5%), panic disorder in 1 (2.5%), PTSD found in 1 (2.5%) and OCD in 1 (2.5%). Psychotic disorders were found in 2 (5%) and antisocial personality disorder found in 2 (5%).

**Conclusion:** From the present study,we came to the conclusion that psychiatric comorbidities are common among alcohol dependent patients.

**KEYWORDS :** alcohol dependence , comorbidities

**INTRODUCTION**

Substance related disorders have become matters of global concern because of the impact on individual health, social, familial and financial consequences. Since ancient times, human race started using different addictive substances and alcohol seems to be the oldest of all addictive substances. In the 18<sup>th</sup> century alcohol related problems were first detected and in 1810, Benjamin Rush, an American physician first suggested that excessive use of alcohol was a disease.

Hingson (2006) found in their study that those respondents who began drinking before age 14 years were more likely to experience alcohol dependence ever and within 10 years of first drinking.[1] According to the data of **National Family Health Survey 1998–1999 India**, (sample size males n = 26 297 and females n = 24 602; age group 15 to 19 years old) the rate of youth drinking was high among males , 2.4% were males and 0.6% were females.[2]

In the Epidemiological Catchment Area study, Regier et al. found among patients with alcohol dependence 37% had a comorbid psychiatric disorder out of which the common disorders were anxiety disorders (19.4%), antisocial personality disorder (14.3%), affective disorders (13.4%), and schizophrenia (3.8%).[3] In the National Comorbidity Survey the most common comorbid psychiatric disorder found with alcohol dependence was depression. More than 17% of the respondents had a history of major depressive episode in their lifetime and more than 10% had a history in past 12 months. [4]

The aim of the study is to assess the prevalence of psychiatric comorbidities among alcohol dependent patients.

**MATERIALS AND METHOD**

This is a descriptive cross-sectional study conducted on 40 patients who attended the psychiatry OPD of Gauhati Medical College and Hospital , Guwahati from August 2015 to July 2016 and fulfilled the criteria for alcohol dependence based on ICD

10. The psychiatric comorbidities were assessed in them using MINI INTERNATIONAL NEUROPSYCHIATRIC INTERVIEW (7.0.0 for DSM-5). Semi-structured proforma was used for socio-demographic profile. The study was approved by the Institutional Ethics Committee. Informed consent was obtained from the patients. The software Graph Pad In Stat version 3.1 was used for statistical analysis.

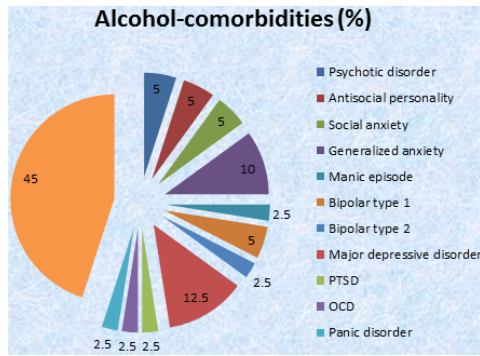
**Table 1. Demographic Distribution**

Category	Variables	Frequency	Percentage
Sex	Male	39	97.5
	Female	1	2.5
Religion	Hindu	40	100
	Muslim	0	0
	Christian	0	0
Marital Status	Married	30	75
	Unmarried	10	25
Educational Status	Illiterate	13	32.5
	Class <= 12	10	25
	Class > 12	17	42.5
Occupational Status	Employed	29	72.5
	Unemployed	9	22.5
	Student	2	5

**Table 2: Prevalence of psychiatric comorbidities among alcohol dependent patients**

Psychotic disorder	2	5.0
Antisocial personality disorder	2	5.0
Social anxiety disorder	2	5.0
Generalized anxiety disorder	4	10.0
Manic episode	1	2.5
Bipolar type 1	2	5.0
Bipolar type 2	1	2.5
Major Depressive Disorder	5	12.5
PTSD	1	2.5
OCD	1	2.5
Panic disorder	1	2.5
No diagnosis	18	45.0
Total	40	100.0

**Table 3 : Diagram showing prevalence of psychiatric comorbidities among alcohol dependent patients**



**RESULTS:**

Among 40 alcohol dependent patients most of them belonged to 20-55years age group with the mean age of 37.37 years. Majority of them were males 97.5%, all Hindus , most of them were married 75% and employed 72.5%. Table 1 shows the sociodemographic profile of the patients. Out of 40 alcohol dependent patients , psychiatric comorbidities were found in 22(55%).Table 2 and Table 3 shows the prevalence of psychiatric comorbidities among alcohol dependent patients.

**DISCUSSION:**

Our study sample belonged to age group 20-55 years which is consistent with the findings of previous studies done by Regier et al and Kessler et al. [5][6] Most of the patients were males 97.5% which is consistent with previous studies showing higher percentage of alcohol dependence among males.[7][8]In the study most of the alcohol dependent patients were literate and employed 72.5% which is consistent with the study done by Kadri et al.[9]

In this study among 40 alcohol dependent patients mood disorders were most prevalent with major depressive disorder in 5 (12.5%), bipolar type 1 disorder in 2 (5%), bipolar type 2 disorder in 1 (2.5%), manic episode in 1 (2.5%) which is consistent with the findings of the ECA study where among patients with alcohol dependence 37% had comorbid psychiatric disorders out of which affective disorders were common (13.4%).[10] Higher rates of bipolar disorder were found to be comorbid with alcohol use in studies done by Ringen et al and Kumar Vivek et al.[11][12]

Anxiety disorders were also common with generalized anxiety disorder in 4 (10%), social anxiety disorder in 2 (5%), panic disorder in 1 (2.5%), PTSD found in 1 (2.5%) and OCD in 1 (2.5%)which is consistent with the ECA study showing anxiety disorders were most commonly found comorbidity among alcohol dependent patients (19.4%).Shantna K et al. and Baigent et al. also pointed out in their studies that there is a higher risk of comorbid substance use found in patients with anxiety disorders.[13][14]

In the present study, among 40 alcohol dependent patients , psychotic disorders were found in 2 (5%) which is consistent with the findings of the ECA study where comorbid psychotic disorders were found in 3.8% of alcohol dependent patients. In the present study, antisocial personality disorder was found in 2 (5%) which is consistent with the findings of Hunter et al.who found that comorbid personality disorders, especially antisocial personality disorder was common among alcohol users and associated with a worse long-term drinking outcome.[15]

**CONCLUSION:**

From the present study, it can be concluded that alcohol dependence is commonly associated with comorbid psychiatric disorder. So while treating patients with alcohol

dependence it is essential to find and treat the comorbid psychiatric disorder to have better treatment outcome and prevent relapse. Clinical severity of the comorbid disorders and community based studies should be taken into account in future studies for better understanding of the relationship between alcohol dependence and psychiatric comorbidities and for better management .

**REFERENCES:**

- Hingson RW, Heeren T, Winter M R. Age at Drinking Onset and Alcohol Dependence: Age at Onset, Duration, and Severity. Arch Pediatr Adolesc Med. 2006; 160(7):739-746.
- National Family Health Survey 1998–1999. India, International Institute for Population Science, 2000. In: WHO Global NCD InfoBase. Geneva, World Health Organization.
- Regier DA, Myers JK, Kramer M, Robins LN, Blazer DG, Hough RL, Eaton WW, Locke BZ. The NIMH Epidemiologic Catchment Area program: Historical context, major objectives, and study population characteristics. Arch Gen Psychiatry, 1984 Oct;41(10):934-41.
- Kessler Ronald C , Mcgonagle KA, Zhao S, Nelson CB, Hughes M, Eshleman S , Wittchen H , Kendler KS. Lifetime and 12- month prevalence of DSM III-R psychiatric disorders in the US: Results from the national comorbidity survey Arch Gen Psy 1994;51:8-19.
- Regier DA, Myers JK, Kramer, M, Robins LN, Blazer DG, Hough RL, Eaton WW, Locke BZ. The NIMH Epidemiologic Catchment Area program.: Historical context, major objectives, and study population characteristics. Arch Gen Psychiatry, 1984 Oct;41(10):934-41.
- Kessler RC, Chiu WT, Demler O, Walters E . Prevalence, Severity, and Comorbidity of Twelve-month DSM-IV Disorders in the National Comorbidity Survey Replication (NCSR). Arch Gen Psychiatry. 2005 June ; 62(6): 617–627.
- Chaturvedi HK, Phukan RK, Mahanta J. The association of selected sociodemographic factors and differences in patterns of substance use: a pilot study in selected areas of Northeast India. Substance Use and Misuse. 2003; 38(9):1305–1322
- Hasin D, Stinson F, Ogburn E, Grant B. Prevalence, Correlates, Disability, and Comorbidity of DSM-IV Alcohol Abuse and Dependence in the United States: Results From the National Epidemiologic Survey on Alcohol and Related Conditions. Arch Gen Psychiatry/Vol 64 (No. 7), July 2007 ; 830-842.
- Kadri AM, Bhagyalaxmi A, Kedia G. A study of socio-demographic profile of substance abusers attending a de-addiction centre in Ahmedabad city. Indian Journal of Community Medicine Vol. XXVIII, No.2, Apr.-June, 2003:74-76.
- Regier DA, Farmer ME, Rae DS, Locke BZ, Keith SJ, Judd LL, Goodwin FK. Comorbidity of Mental Disorders with alcohol and other drug abuse. Results from the Epidemiological Catchment Area (ECA) study; JAMA , November 21, 1990- Vol.264 No. 19.
- Ringen PA, Lagerberg TV, Birkenaes AB, Engn J, Faerden A, Jonstodttr H, et al. Differences in prevalence and patterns of substance use in schizophrenia and bipolar disorder. Psychol Med. 2008;38(9): 1241–9.
- Kumar V, Dalal PK., Trivedi JK, Kumar P; A Study of Psychiatric Comorbidity in Alcohol Dependence; Delhi Psychiatry Journal 2010; 13:(2) 291-293.
- Shantna K, Chaudhury S, Verma AN , Singh AR. Comorbid psychiatric disorders in substance dependence patients : A control study. Ind Psychiatry J. 2009 Jul-Dec; 18(2): 84–87.
- Baigent M. Managing patients with dual diagnosis in psychiatric practice. Curr Opin Psychiatry. 2012 May;25(3):201-5.
- Hunter E.H, Powell B.J, Penick E.C, Nickel E.J, Liskow B.I, Cantrell P J, et al. Comorbid psychiatric diagnosis and long-term drinking outcome. Comprehensive Psychiatry. 2000;41:334–338.