



A Study of depression and anxiety disorders among alcohol dependent patients.

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ABSTRACT

BACKGROUND: Alcohol dependence is a very important public health issue in North East India, especially in Manipur. Psychiatric comorbidity especially depression and anxiety are more common among alcohol dependent patients. This study has highlighted on the psychiatric comorbidity of depression and anxiety among alcohol dependent patients.

OBJECTIVES: To assess depression and anxiety among alcohol dependent patients.

MATERIAL AND METHOD: A prospective study of the outdoor and indoor patients of aged 20-60 years who attended Psychiatry Department, RIMS, Imphal during the period between November 2013 to July 2016 were analyzed.

RESULT: Depression and anxiety are more common among alcohol dependent patients. Among 400 patients 56.5%(n=226) are in age group of 31-40 yrs, male are 93.5%(n=374), Christian are more 52.25%(n=209). In our study we found 32.75%(n=131) are having anxiety disorder where as 24.25%(n=97) are depression.

CONCLUSION: The study was carried out to assess depression and anxiety among alcohol dependent patients.

KEYWORDS : Depression, anxiety, alcohol dependent.

Introduction

Alcohol dependence is a very important public health issue in North East India, especially in Manipur. Psychiatric comorbidity especially depression and anxiety are more common among alcohol dependent patients.[1]

In National Comorbidity Survey (NCS), the largest household psychiatric disorder survey, about one-third of respondents with alcohol dependence had a comorbid mood disorder. Prevalence of comorbid major depressive disorder (27.9%) and anxiety disorder (36.9%) were very high in the NCS.[2]

NCS studies have shown that comorbidity in alcohol dependence would lead to more chronic alcohol use, treatment resistance of the comorbid disorder, and high suicide rates and disability.[3]

The self medication hypothesis for drug dependence also signifies etiological relationship between the substance abuse and mental disorder.[4]

The aim of the study is to assess depression and anxiety disorders among alcohol dependence.

Materials and Methods

A prospective study of the outdoor and indoor patients of aged 20-60 years who attended Psychiatry Department, RIMS, Imphal during the period between November 2013 to July 2016 were analyzed. The study was approved by the Institutional Ethics Committee. Informed consent was obtained from the patients.

Semi-structured proforma was used for socio-demographic profile. Depression and anxiety disorder were assess by using Hamilton Depression Rating Scale and Hamilton Anxiety Rating Scale. The data was analyzed by IBM Statistical Package for Social Sciences (SPSS) for window version 21.

Results

Out of 400 patients majority belonged to the age group of 31-40 yrs with 56.5%, male more 93.5% and Christian are highest 52.25%. The table-1 has shown the socio-demographic profile of the patients.

Total 228 patients out of 400 were having psychiatric comorbidity,

depression and anxiety disorders. Anxiety disorders more 32.75% (n=131) and depression 24.25% (n=97). The table-2 has shown it.

Table 1- Demographic distribution

Category	Variables	Frequency	Percentage
Age group (years)	20-30	88	22
	31-40	226	56.5
	41-50	68	17
Sex	Male	374	93.5
	Female	26	6.5
Religion	Hindu	187	46.75
	Christian	209	52.25
	Muslim	4	1

Table 2- Shows Depression and Anxiety among patients

Category	Frequency	Percentage
Depression	97	24.25
Anxiety	131	32.75

Discussion

Our study sample contained more number of patients in age group of 31-40 years, 56.5%, and it is compared with another Indian study by Kattukulathil S[2] and Singh et al[5]. Kattukulathil S et al. have shown that 47% patients belonged to in the same age group.

The study has shown majority cases are male, 93.5% followed by female 6.5%. where as in most of the study there was no female patient. It is due to socio-cultural influences in North East India. But in study of Shakya DR et al.[6] having 25% female.

Christian is more with 52.25%, followed by Hindu 46.75% due to

Christian dominated in North East.

In this study maximum patients presented with anxiety disorder 32.75% (n=131) and followed by depression with 24.25% (n=97). Fedorova SS[1] presented in study with maximum patients having anxiety disorder 40% and followed by depression 14%. Grant BF et al[7] reported that 40.7% patients were having depression and 33% anxiety.

Conclusion

Comorbid psychiatric disorders are highly prevalent in alcohol dependence, especially depression and anxiety. Alcohol history should be an essential part of the initial and ongoing assessment of any psychiatric illness and psychiatric co-morbidity. Psychosocial stressor increases the probability of having comorbidity. Alcohol comorbidity more along with high family history of alcohol use. Community based study is required to conclude more accurately.

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