



## COMPARISON OF DEPRESSION, ANXIETY AND STRESS BETWEEN PERSONS WITH SUBSTANCE ABUSE AND PERSONS WITHOUT SUBSTANCE ABUSE IN KASHMIR.

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### ABSTRACT

The purpose of the study is to compare the depression, anxiety and stress between persons who abuse substance and persons who do not abuse any substance. A total of 60 samples were taken and these 60 were further divided into two groups, persons who abuse substance and persons who do not abuse any substance, each group consisted of 30 samples. Purposive sampling was used. Tools that were used are socio demographic data and DASS by Lovibond & Lovibond (1995). For statistical analysis SPSS 16.0 version was used t test was used to get the results. Results showed that persons who abuse substance were having higher scores of depression, anxiety and stress as compared to that of individuals who do not abuse any substance.

**KEYWORDS :** Depression, Anxiety, Stress, substance abuse.

### INTRODUCTION

The purpose of this study is to “compare the depression, anxiety and stress between persons with substance abuse and persons who do not abuse any substance”. All these concepts depression, anxiety and stress are connected to one another. Depression is the state of mind producing serious and long term lowering of enjoyment of life or inability to visualize the happy future. Depression and substance abuse share quite a relation. José P. et al., (2011) conducted a study, the aim of this study was to analyze the consumption of alcohol, tobacco and cannabis in relation to the existence of depressive symptoms in a school sample of adolescents. Results showed that High scores in depression are associated with the consumption of tobacco and alcohol.

Anxiety on the other hand means unpleasant state of mental uneasiness, nervousness, apprehension and obsession or concern about something uncertain. The American psychological association defines anxiety as an emotion characterized by feeling tension, worried thoughts and physical change like increased blood pressure. Studies also found that anxiety share its relation with the substance abuse. Chassin, L et al., (1999) conducted a longitudinal study of children of alcoholics predicting young adult substance abuse disorders and anxiety and depression. Tested the specificity of parent alcoholism effects on young adult alcohol and drug abuse/dependence, anxiety, and depression, and tested whether adolescent symptomatology and substance use mediated parent alcoholism effects. Participants were from a longitudinal study in which a target child was assessed in adolescence and young adulthood with structured interview measures (N454 families at Time 1). Results showed unique effects of parent alcoholism on young adult substance abuse/dependence diagnoses over and above the effects of other parental psychopathology. There was some evidence of parent alcoholism effects on young adult depression and of maternal alcoholism effects on young adult anxiety, although these were not found consistently across subsamples. Meditational models suggested that parent alcoholism effects could be partially (but not totally) explained by adolescent externalizing symptoms.

Stress appears to be a condition of modern life and even more so for those of us who are 'asset rich but time poor'. People deal with stress in different ways. Some people use exercise or sport as a means of working off their stress whereas others prefer something more relaxing. But there other people who turn to less beneficial forms of relaxation. Alcohol, cigarettes, caffeine and drugs are used as forms of 'stress relief' but they only compound the problem. There are the effects of stress combined with the effects of the substance which can easily spiral out of control.

Bremner, J et al., (1996) conducted a study to measure the longitudinal course of specific symptoms of post traumatic stress disorder (PTSD) and related symptoms of alcohol and substance abuse and the effects of alcohol and substance on the symptoms. A structure interview for the assessment of PTSD and alcohol and substance abuse as well as

other factors such as life stressors and treatment was administered to 61 Vietnam combat veterans with PTSD. Results showed that onset of symptoms typically occurred at the time of exposure. Symptoms plateaued within few years after the war following which the disorder became chronic and unremitting. Hyper arousal symptoms such as feeling on guard and feeling easily startled developed first followed by avoidant symptoms and finally from the symptoms' of intrusive cluster. The onset of alcohol and substance abuse typically was associated with the onset symptoms of PTSD and the increase in the use paralleled the increase of symptoms.

**Objectives:** To assess and compare depression, anxiety and stress between persons with substance abuse and the persons without substance abuse.

**Research design:** The present study was a hospital based cross sectional comparative study of depression, anxiety and stress between persons with substance abuse and persons without substance abuse.

**Sampling:** Samples were taken by using purposive sampling method from drug de addiction centre SMHS Srinagar.

### Inclusion and exclusion criteria:

Inclusion criteria for persons with substance abuse.

1. Patients attending DDC SMHS Srinagar, who are diagnosed with any substance abuse according ICD- 10 (D.C.R)
2. Patients with substance abuse of the age between 16 to 60 years.
3. Patients who are abusing substance of duration not less than 1 year.
4. Patients who are educated up to minimum of 10th.

Inclusion criteria for persons without substance abuse:

1. Persons who are not taking any psycho active substance.
2. Persons within the age group of 16 to 60 years.
3. Persons who are educated up to minimum of 10th standard.

### Sample size and procedure:

Initially permission was taken from the director and the head of the department of the psychiatric social work of the institute for conducting the present study “comparative study of depression anxiety and stress between persons who abuse substance and persons who do not abuse any substance in kashmir” after screening according to the inclusion and exclusion criteria, samples were selected for the current study from the inpatient department of DDC SMHS Srinagar and outside the said institute. The samples were selected by using purposive sampling technique and a total of 60 samples which were further divided into 30 patients having any form substance abused and 30 persons who are not taking any substance. The objectives of the study were explained to the participants. After establishing the rapport and explaining the purpose of the study the details of the socio-demographic data and the scale DASS by Lovibond & Lovibond (1995) was administered. For the statistical analysis SPSS (statistical package for social sciences) 16.0 version was used. t test was used for the statistical analysis.

**The following tools were used in the study:**

1. Socio demo graphic data sheet: It is a semi structured, self prepared Performa especially created for the study. It contains information about the socio demographic variables like age, sex, religion, education, marital status, occupation and domicile.
2. DASS (depression anxiety and stress scale):The DASS by Lovibond & Lovibond (1995) is a set of three self-report scales designed to measure the negative emotional states of depression, anxiety and stress. The DASS was constructed not merely as another set of scales to measure conventionally defined emotional states, but to further the process of defining, understanding, and measuring the ubiquitous and clinically significant emotional states usually described as depression, anxiety and stress..

**Results :****Table 1 shows the comparison of socio demographic details**

Variables		Group				X2
		Normal Control N =30		Substance N =30		
		N	%	N	%	
Religion	Hindu	1	3.30	2	6.70	2.35
	Islam	27	27	28	93.30	
	Sikh	2	6.70	0	0	
Education	Matric	5	16.70	9	30	4.00
	Intermediate	7	23.30	5	16.70	
	Graduation	11	36.70	9	30	
	Post Graduation	5	16.70	7	23.30	
	Other Higher Education	2	6.70	0	0	
Domicile	Urban	14	46.70	19	63.33	1.68
	Rural	16	53.30	11	36.66	
Marital Status	Married	17	56.70	20	66.33	1.89
	Unmarried	13	43.30	10	33.33	
Occupation	Unemployed	2	6.66	1	3.33	5.56
	Business	6	20	11	36.66	
	Professional	10	33.33	8	26.66	
	Government Service	5	16.66	8	26.66	
	Unskilled Labour	7	23.33	2	6.66	
Socio-economic Status	Low	3	10	2	6.66	1.37
	Middle	24	80	27	90	
	High	3	10	1	3.33	

**Table 2:Shows the comparison of depression anxiety and stress between persons with substance abuse and persons without substance abuse.**

Dass	GROUP		
	Persons with substance abuse M±SD	Persons without substance abuse M±SD	t
depression	17.86±6.31	6.10±4.55	8.27**
Anxiety	19.16±7.62	6.3±4.6	7.88**
stress	20.5±4.48	7.1±4.2	11.8**

B\*\* = Significant at 0.01 level.

**DISCUSSION**

No association was found among the socio demographic variables.

In depression domain the mean and standard deviation of individuals consuming substances is 17.86±6.31 and the mean and standard deviation of normal population is 6.10±4.55 which indicates that depression is more among persons who abuse substances. The finding is also in conformity with the research conducted by Neighbour B et al.,(1992) to examine the co-occurrence of substance abuse and three other psychiatric disorders (conduct disorder, depression, anxiety) in an incarcerated juvenile delinquent sample. Diagnostic interviews were utilized to place participants in one of three groups: No substance abuse, alcohol/marijuana abuse, or poly substance abuse. Frequency of diagnosis and number of symptoms of three psychiatric disorders were then examined. The results indicated that the diagnosis of conduct disorder increased significantly with the occurrence of substance abuse. Also, the number of symptoms for conduct disorder, anxiety, and depression increased with substance abuse

substances is 19.16±7.62 and mean and standard deviation of normal population is 6.3±4.6. In this domain the anxiety level is of persons abusing substances is higher than that of normal population which indicates that individuals who consume substance have higher anxiety. The study supports the study conducted by Nasim Fooladi et al., (2014) conducted a study to compare the depression, anxiety, stress and quality of life in drug abusers with normal subjects. The consisted of 100 substance abusers who were admitted to quit addiction in clinic in Rasht with 100 normal population who were the relatives of the drug abusers or staff in health centre as control group. The results showed that compared with normal population the drug abusers were having high scores on anxiety depression stress and quality of life.

In stress domain the mean and standard deviation of persons abusing substances is 20.5±4.48 and mean and standard deviation of normal population is 7.1±4.2 which shows that stress among persons abusing substances is higher than that of normal population, again this study is also supported by the study conducted by Nasim Fooladi et al., (2014)

**Limitations:**

- Being time bound study sample size was small and hence the results could not be generalized.
- Comparison with some other disorder could have been done.
- The study needed to be carried out on a large sample with comparable representations of the both groups.

**Future directions:**

- The future study must be attempted to include some other psychological aspect such as role of coping in substance abuse.

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In anxiety domain the mean and standard deviation of persons abuse