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

Psychiatry

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ABSTRACT

Background: Substance abuse have high degree of psychiatric comorbidities. The study of comorbidities can contribute in different ways for better understanding of the problems and management of patients with substance dependence.
Objectives: to assess the prevalence of psychiatric comorbidities among opioid dependent patients.
Material and Method: 40 cases of opioid dependence 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 opioid dependent patients psychiatric comorbidities were found in 25 (62.5%). The comorbidities were found to be Mood disorders in 13(32.5%),antisocial personality disorder in 8 (20%) ,Generalized anxiety disorder in 3 (7.5%) and panic disorder in 1(2.5%).
Conclusion: From the present study we came to the conclusion that psychiatric comorbidities are common among opioid dependent patients.

KEYWORDS

opioid dependent, psychiatric comorbidities

Introduction

Opioid abuse is a major problem in the North Eastern states of India and people in this part of the country are more vulnerable because of the neighbouring countries like Myanmar , Thailand and Laos which constitute the "golden triangle". Patients with substance use and comorbidities pose a great burden on the health care services and have a major impact on individual, families and communities but the comorbidities are often overlooked leading to increased relapse rates and poor treatment outcome . So it is of tremendous importance for the clinicians to be aware of the comorbidities, detect them and treat them as early as possible while treating patients with substance dependence.
In a study done by Volkow et al. it was found that over 5% of US population aged 12 years or older used opioids non-medically.[1] In India, Arora H ,Kaur R et al. in their study found the percentage of opioid dependence in different age groups : 15-25 years – 17% ,26-35 years -37.4%,36-45 years-21%, 46-55 years -15%,56-65 years -7.6% and above 65 years -2%.[2].

In the NCS-R study, it was found that more than 40% of 12-month cases with psychiatric disorder had a comorbid substance dependence and the severity was found to be strongly related to comorbidity.[3]

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

Materials and Method

This is a descriptive and analytical 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 opioid 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 GraphPadInStat version 3.1 was used for statistical analysis.

Results

Out of 40 opioid dependent patients, majority belonged to 18-39 years age group with mean age of 27.25 years. Of them most of them were males 39 (97.5%), 33(82.5%) were Hindus, 28(70%) were unmarried. Table 1 has shown the socio-demographic profile of the patients. Out of 40 opioid dependent patients, 25 (62.5%) were having psychiatric comorbidities. Table 2 and Table 3 have shown the prevalence of psychiatric comorbidities among opioid dependent patients.

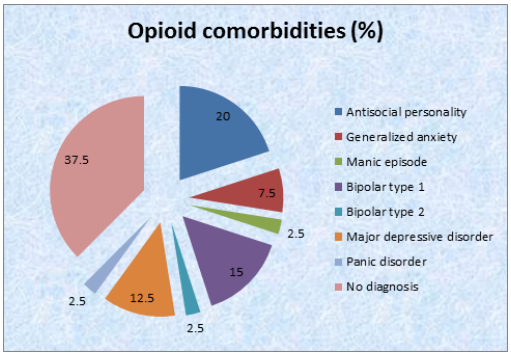
Table 1.Demographic Distribution

Category	Variables	Frequency	Percentage
Sex	Male	39	97.5
	Female	1	2.5
Religion	Hindu	33	82.5
	Muslim	7	17.5
	Christian	0	0
Marital status	Married	12	30
	Unmarried	28	70
Educational status	Illiterate	6	15
	Class<=12	15	37.5
	Class> 12	19	47.5
Occupation	Unemployed	3	7.5
	Employed	25	62.5
	Student	12	47.5

Table 2.Prevalence of psychiatric comorbidities among opioid dependent patients

Psychiatric diagnosis	N	Percentage
Antisocial personality disorder	8	20.0
Generalized anxiety disorder	3	7.5
Manic episode	1	2.5
Bipolar type 1 disorder	6	15.0
Bipolar type 2 disorder	1	2.5
Major Depressive Disorder	5	12.5
Panic disorder	1	2.5
No diagnosis	15	37.5
Total	40	100.0

Figure. Diagram showing prevalence of psychiatric comorbidities among opioid dependent patients



Discussion

Most of the patients in the present study belonged to the age group 18-39 years with mean age of 27.25 years. Of 40 patients most of them 39(97.5%) were males which is consistent with previous studies revealing that significantly more men than women were found to abuse opioid.[4][5] In the study most of the patients 33 (82.5%) were Hindus and 7 (17.5%) were Muslims which is consistent with previous studies showing people from cultures with clear prohibitions on substance use have lower rates of substance use.[6]

In the present study, out of 40 opioid dependent patients 28(70%) were unmarried which was similar to previous studies which revealed that opioid use was much more among unmarried people than the married ones.[7][8] It was also found that most of the patients in our study were illiterate 6(15%) or studied upto or less than class 12 ,15(37.5%) which was consistent with previous study done by Armstrong et al (2013) on intravenous opioid users in Delhi and found that 37.8% were literate , 62.2% were illiterate , 38% never went to school , 28 % completed 1-4 years of schooling, 32.1% did 5-11 years of schooling and 1.8% completed 12 years of schooling.[9]Out of 40 opioid dependent patients, most of the patients were employed 25(62.5%) whereas in the study done by Phillips, Epstein & Preston (2013) among opioid users found that 38% were unemployed, 27 % were part time employed and 34% were full time employed.[10]

In the present study, out of 40 opioid dependent patients, 25(62.5%) were found to have comorbid psychiatric disorder which is consistent with previous study done by Brooner et al. on 716 opioid users and found that 47% had psychiatric comorbidity.[11] In our study, comorbid Mood disorders were found to be most prevalent among opioid dependent patients 13 (32.5%) which included Bipolar type 1 disorder in 6 (15%), Bipolar type 2 disorder in 1 (2.5%), manic episode in 1(2.5%) and major depressive disorder in 5(12.5%) which is similar to previous study done by Kumar et al. showing 36% of the patients with opioid dependence had comorbid mood disorder.[12]

In the present study, out of 40 opioid dependent patients, antisocial personality disorder was found in 8 (20%) which is consistent with previous studies revealing that most of the opioid dependent patients were found to have comorbid antisocial personality disorder.[13][14] In our study , anxiety disorders were found to be less prevalent among opioid dependent patients 4 (10%) with Generalized anxiety disorder in 3(7.5%) and panic disorder in 1(2.5%) which is similar to the findings of the study done by Mary E. et al who found that anxiety disorders generally had low prevalence among opioid dependent patients whereas in the study done by Reyes et al. reported symptoms of severe anxiety in 37.1% of the study sample.[15][16]

Conclusion:

From the present study, it can be concluded that opioid dependence is commonly associated with comorbid psychiatric disorder. The study of comorbidities in substance users is an important area for research and more studies with large sample size should be taken up so that the results can be applied to general population. Clinical severity of the comorbid disorders, other psychosocial factors, follow up of the patients and treatment response should be taken into account in future studies for better understanding of the relationship between substance use disorder and psychiatric comorbidities and for better management .

Conflict of Interest:

The authors report no conflict of interest. No grants or financial support received.

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