

PREVALENCE OF DEPRESSION AMONG SUBSTANCE USERS PRESENTED TO PSYCHIATRY DEPARTMENT OF TERTIARY CARE HOSPITAL

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ABSTRACT:

OBJECTIVE

To determine the prevalence and severity of depression among substance users.

STUDY DESIGN

Cross Sectional study

PLACE AND DURATION OF STUDY

The study was conducted in the inpatient Department of Psychiatry & Behavioral Sciences, Sheikh Zayed Medical College/Hospital, Rahim Yar Khan from January 2015 till August 2015.

SUBJECTS AND METHODS

One hundred patients having the history of substance use participated in this study and the sample was collected through purposive convenient sampling. Patients were interviewed according to the diagnostic and research criteria of International statistical classification of diseases and related health problems (ICD 10) for the identification of depression and its severity (mild, moderate and severe). SPSS 20 was used to analyze the data.

RESULTS

28 (28%) patients had depression. Among 28 depressed patients; 08 (8%), 12 (12%) and 08 (8%) have mild, moderate and severe depression respectively. The majority of the patients (60.71%) have duration of one or less than one year. Among substance users; 91, 20 and 28 patients used opioids, depressants and stimulants respectively. All patients were males, 62% received detoxification treatment at least once in their lifetime, 59% lied between 31-45 years of age whereas; 29%, 17% and 1% lied 15-30 years, 46-60 years and above 60 years of age respectively. The routes of administration found were smoking (91), sniffing (28), foil paper (48), oral (54), intravenous (29) and others (3).

CONCLUSION

There is significant association between substance use and depression. Majority of the depressed patients met the criteria of moderate depression present for at east one year in a continuous manner. Among substance users; all participants were male, majority middle aged adults and received detoxification at least once in their lifetime. The most frequent routes of administration were smoking, sniffing, foil paper, intravenous and oral.

KEY WORDS:

Substance use, Depression, Prevalence

INTRODUCTION

Depression is a psychiatric disorder characterized by the presence of depressed mood, anhedonia, avolition, depressed cognition, diurnal mood variations along with disturbed biological functioning present for at least two weeks or more¹. Depression is more prevalent among hospitalized patients, female gender, low education status, past psychiatric history, family history and having the history of substance abuse². According to World Health Organization (WHO), twelve months prevalence averaged 3.2% without co-morbid physical illness and 9.3% to 23% in participants with chronic conditions³.

Among the substance users; cannabis, cocaine, amphetamines, alcohol and sedatives are the most widely used as substances of abuse⁴⁻⁵. The substance use is more prevalent among male gender, middle aged adults, childhood stressors, depression, social isolation, having significant history of educational and financial stresses⁴⁻⁵. Genetic vulnerability, childhood stressors,, parenting style, environmental factors and depression are the predisposing factors towards substance use^{6,7}.

There is a significant association between depression, suicidal behavior and substance use⁸. Depression (21.6%) is prevalent among substance users⁹ whereas; the alcoholics when abused substances have the prevalence of 48.5% depression⁹. Those having psychiatric issues like depression started abusing substance at an early age compared with controls⁸. The route of administration also has a significant association with depression and suicidal tendencies⁹. The injection drug users (IDUs) are more likely to have depression, suicidal behavior and medical complications compared with controls¹⁰. Antidepressant medications are widely used (62.4%) alongwith anticraving agents among patients having history of substance abuse^{9,11}.

Substance use is a grave mental health issue, the people of Pakistan has little awareness regarding the menace and its lethal effects. The aim is to see the prevalence and severity of depression among substance users. The study will also see the age, gender, duration of depression, type of substance use, previous detoxification and routes of administration.

SUBJECTS AND METHODS

One hundred patients having the history of Psychoactive Substance taken from indoor department of Psychiatry and

Behavioral Sciences (Mowadat Hussain Rana), Sheikh Zayed Medical College/Hospital, Rahim Yar Khan included in the study through purposive convenient sampling.

Instruments

Patients were interviewed according to the diagnostic and research criteria of International statistical classification of diseases and related health problems (ICD 10)¹² for the identification of depression and its severity (mild, moderate and severe)¹². The socio-demographic information were obtained on a structured proforma.

Procedures

There was no risk involved to the participants of the study and was cleared by the ethical committee. The researcher took informed consent from the participants. The Socio-demographic information and the history was obtained using a structured proforma. The data was entered and analyzed through SPSS version 21.

RESULTS

The mean age of the patients was 38.23 years with age range from 17-80 years. Majority of the patients (59%) had age ranged from 31 to 45 years of age (see Table 1).

Table 1
Age Distribution of Patient (n=100)

Age (Years)	Number of Patients	Percentage
15-30	29	29.0%
31-45	59	59.0%
46-60	12	12.0%
61-75	1	1.0%
>75	1	1.0%

Out of 100 patients; 91, 20, 28, 4 and 12 patients (p<0.001) were found to be used opioids, depressants, stimulants, polyactive and other substances respectively (see Table 2).

The duration of substance use either alone or in combination was found to be more than two years among 95 patients (see Table 3). The smoking, sniffing, foil paper, oral, intravenous and other routes of administration were found in 91, 28, 48, 54, 29 and among 3 patients respectively (see Table 4). Previous detoxification was done for 62 patients whereas, previous attempt to quit was found in 73 patients (see Table 5).

The depression was found in 28 patients (28%). The frequency of mild, moderate and severe depression was found 08, 12 and 08 patients respectively (see Table 6). Regarding duration of depression; 17 patients were found to have less than 1 year duration of depression. (see Table 6). Among these patients majority has continuous course of depression i-e 27 patients (see Table 6).

Table 2
Substances used (n=100)

Substance	Number of Patients
Opioids	91
Depressants	20
Stimulants	28
Hallucinogens	-
Polyactive	4
Others	12

Table 3
Duration of substance taking (n=100)

Duration (Years)	Number of Patients
<1	91
1-2	20
>2	28

Table 4
Route of Administration (n=100)

Route of Administration	Number of Patients
Smoking	91
Sniffing	28
Foil Paper	48
Oral	54
Intravenous	29
Others	3

Table 5
Detoxification (n=100)

Duration (Years)	Number of Patients
Previous Detoxification	62
Previous attempt to quit	73

Table 6
History of Depression (n=100)

Duration (Years)	Number of Patients
Depression:	
• Present	28
Severity of Illness:	
• None	72
• Mild	8
• Moderate	12
• Severe	8
Duration of Depression:	
• Under 1-Year	17
• 1-Year to 2-Years	6
• 2-Years and above	5
Course of Depression:	
• Continuously	27
• Recurrent	1

DISCUSSION

The mean age of the sample was 38.23 years while majority of the patients were between 31-45 years of age. Previous research suggests that substance use is more common among middle aged persons¹⁴. The results showed 28% of the substance users patients suffered from depression and most of them were moderately depressed. The evidence from other researches confirms the presence of significant depressive symptomatology among substance users¹⁵⁻¹⁹. The presence of depression in substance abusers hint two explanations; one that substance abusers fall depressed during the course of their addiction and second that depressed population indulged into substance abuse due to many reasons like

psychosocial problems etc. The second explanation seems more plausible since research has found out that the psychosocial hazards like war, earthquake etc. play a significant role in causing depression and inclination towards substance abuse. More than 65% women and 45% men have depression in Pakistani region of Khyber Pakhtunkhwa (KPK) and Federally Administered Tribal Area (FATA) due to years of turmoil in Afghanistan²⁰. On the other hand, more than 80% of sample suffered from depressive symptomatology and later indulged in substance abuse preceding the earthquake in the northern region of Pakistan²¹. This suggests another explanation; it may be theorized that those who are predisposed towards depressive symptomatology due to either reason (genetic, biological, social, psychological) are more inclined towards the substance use by default. This demands further investigation of the mechanism.

CONCLUSION

There is significant association between substance use and depression. Majority of the depressed patients met the criteria of moderate depression present for at least one year in a continuous course. Among substance users; all participants were male, majority were middle aged adults and received detoxification at least once in their lifetime. It needs to be communicated to the government, media, health agencies, Non-government organizations (NGOs) and detoxification / rehabilitation centers that managing psychiatric issues along with substance use is a significant part of services provided to the target population and it may help in taking concrete steps towards preventing significantly large number of relapses in substance abusers.

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Undertaking

"Prevalence of depression among substance users presented to Brig. Mowdat Hussain Rana Psychiatry Department Sheikh Zayed Medical College/Hospital, Rahim Yar Khan."

Serial No	Author Name	Affiliation of Author	Contribution	Signature
01	Dr. Ali Burhan Mustafa	First Author	Plan, making of Proforma, half data collection, Write up of article	<i>Bu</i>
02	Dr. Urooj Zafar	Second Author	Resources & Feasibility, Half Data Collection, Statistical Analysis.	<i>Uz</i>