

Study of various Psychiatric comorbidity in Alcohol Dependent Males in Tertiary Centre.

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ABSTRACT

Background: Alcoholics have been associated with various Psychiatric comorbid disorder which have a poorer prognosis and affects treatment outcome as well

Aim: To study the various Psychiatric comorbidity in alcohol-dependent males in a Tertiary centre.

Methods: 100 cases and 100 controls were included. A Standard proforma to record socio-demographic factors and detail of alcohol abuse like frequency, intake, amount history. Was taken. Statistical analysis was done using the latest SPSS version.

Results: The prevalence rate of psychiatric co-morbidity in alcohol-dependent subjects and controls was found to be 74% and 26%, respectively. The common ones were Depression, Panic disorder, GAD, Social phobia and Somatoform disorder. Statistical significance was found in the prevalence of disorders among cases and controls.

Conclusion: Psychiatric Comorbidity more in Alcohol dependents. Active Psychosocial intervention have role for better prevention, management and alcohol dependence outcomes.

Key words: Alcohol dependence, Psychiatric co-morbidity

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I. Introduction

The association of comorbid psychiatric condition in alcohol dependents have a significant concern for researchers today. Co-morbidity is most vital advancements in psychiatric research field in 20th century.¹ Alcohol dependent condition is general related with psychiatric disorders.^{2,3} Depression, Antisocial personality and General anxiety disorders are associated with alcoholics. Comorbidity affects prognosis, outcome and related psychopathology.^{4,5} In a study by Cadoret et al⁶ and Winokur et al⁶, 259 alcohol dependent cases were observed in which 101 diagnosed with depression. Tyndel et al⁷ studied that all 100 alcohol dependent cases who were admitted mostly suffered from neurotic disorder in 58%, psychotic disorder in 6%, Antisocial personality in 36%. Another study by Lotufo et al and Gentil et al⁸ concluded 26% of alcoholics met the criteria for agoraphobia and social phobia in 20% cases. Association of alcohol dependence with depression in clinics is being observed from 12% to 68% as observed by Halikas et al⁹. People who are alcohol dependent are at higher risk of depression as shown by Nakamura et al.¹⁰ Study by Morgenstern et al.¹¹ found personality disorder association in 366 subjects having alcohol dependency. They concluded 22.7% suffered from somatization and antisocial personality disorder (ASPD). Present study focusses on Comorbid Psychiatric condition in alcohol dependent cases and their comparison with controls.

II. Materials And Methods

The Study was conducted in Mahatma Gandhi Medical College and Hospital, Jaipur, Rajasthan in a 1 - year duration from January to December 2017. The Study included 100 cases visiting Psychiatry OPD in the Mahatma Gandhi Hospital fulfilling ICD₁₀ criteria for Alcohol dependence and 100 healthy controls from general population.

Inclusion Criteria- Males fulfilling ICD₁₀ diagnostic criteria for Alcohol dependence and of respective age group- 20-50 years.

Cases were provided with a structured proforma containing details of socio demographic factors and alcohol abuse detail history with frequency, duration, reason for initiation and age of drinking initiation. Careful evaluation for Psychiatry comorbid conditions with help of standard inventory scales was done. Statistical calculations were done with SPSS latest version.

III. Results

Socio demographic characteristics-Table 1

Socio demography	Cases n=100	Controls n=100	Significance p<0.05
Age(years)			
20-25	21	22	p>0.05 not significant
26-30	12	14	
31-35	08	10	
36-40	30	29	
41-45	13	12	
46-50	16	13	
Religion			
Hindu	80	79	p>0.05 not significant
Muslim	06	05	
Sikhism	14	16	
Domicile			
Rural	35	36	p>0.05 not significant
Urban	65	64	
Education			
Post Graduate	15	15	p>0.05 not significant
Graduate	28	34	
High Secondary	22	27	
Secondary	19	14	
Middle school	16	10	
Illiterate			
Occupation			
Professional	8	09	p>0.05 not significant
Semi-Professional	16	15	
Arithmetic skill job	22	21	
Skilled Worker	04	06	
Unskilled Worker	10	11	
Unemployed	40	38	
Birth Order			
1	22	50	p<0.01 significant
2	33	23	
3	45	27	
other			
Family Month Income (Rs)			
<5000	52	49	p>0.05 not significant
5100-10000	19	22	
10001-15000	11	10	
15001-20000	02	03	
20001-25000	04	03	
25001-30000	04	04	
30001-35000	02	01	
35001-40000	00	01	
40001-45000	03	03	
45001-50000	03	02	
>50000	00	02	
Family Type			
Nuclear	60	65	p>0.05 not significant
Joint	40	35	
Marital Status			
Married	81	79	p>0.05 not significant
Unmarried	18	18	
Divorced	01	03	

Most of the cases belongs to age group 36-40 years 30%, maximum were Hindu males 80%, belongs to Urban population 65%. Alcoholics were having nuclear type family 60% and were married 81%. Birth order of Alcoholic males was mostly 2nd or 3rd which was unlikely in controls where birth order is 1st. Higher the birth order found in alcoholics and its statistical-significant when compared to controls (chi square-12.22 and p<0.01). We found that Urban males 65% consume more and are majorly dependent compared to rural males.

Psychiatric Comorbidity Table 2

Psychiatric comorbidity	Cases Alcoholic N=100	Controls N=100	Chi square	p value
Depression	25	08	27.82	p value<0.05
Phobia	15	06	10.86	p value<0.05
Somatoform disorder	17	07	18.1	p value<0.05
GAD	10	02	1.08	p value>0.05
Panic disorder	07	03	1.22	p value>0.05
Total	74	26		

Out of 100 alcoholic cases 74 having psychiatric disorders and out of 100 controls 26 have psychiatric disorders.

Table 2 reflected association of Psychiatric comorbid condition with alcohol dependent males. We found that out of 100 cases 74% were found to be associated with some Psychiatric diagnosis. 25% were found to suffered from depression ($p < 0.01$ and chi square= 27.82) relation was highly significant. Phobia was found in 15% of cases which is also significant (chi square=10.86 and $p < 0.01$) Somatoform disorders found in 17% (chi square =18.10 and $p < 0.01$) General Anxiety disorder in 10% and Panic disorder in 7%.

IV. Discussion

Our study mainly was undertaken to focus on socio demography of alcohol dependent males and psychiatric comorbid condition in them. Males were included in studies as women drinking is uncommon in our settings and is not accepted by social norms, as some studies reflect male female ratio of drinking to be about 3:1 as seen in Rose He et al¹². We observed Birth order is also related to drinking in cases higher birth order are involved in drinking as reflected in study done by Rahav G et al¹³. We found Graduate, married and unemployed are involved in drinking habits more as also seen in Crawford et al¹⁴. We also concluded that Urban males 65% are found to be more dependent with respect to rural males which are similar with Dawson et al¹⁵. In cases we observed that 74 % were diagnosed with some comorbid Psychiatric diagnosis which also matches with results seen in studies done by Tyndel et al.⁷ Depression was observed to be major condition associated in our study 25% which matches with studies by Alec et al¹⁶ and by Cadoret et al⁶. In our studies we concluded Alcoholic have underlying Somatoform disorder 17% and Personality disorder which was similar to results given by Morgenstern et al i.e 24%.¹¹ Phobia seen in 15% in cases which is similar with results of Alec et al¹² and Gentil V et al⁸. In the present study we observed that psychiatric comorbidity more reflected in alcohol dependent cases as we compare to healthy controls.

V. Results

In present study we found that Alcohol dependents suffered from more psychiatric conditions 74% (depression – 25%, Somatoform disorder 17%, Phobia 15%, General Anxiety disorder 10% and Panic disorder 7%). Alcoholic cases mostly in age group 36-40 years i.e 30%, married 81% and from nuclear families 60%. Alcohol males are generally from urban settings 65%. So present study reflected on socio demographic factors and associated Psychiatric comorbidities in them.

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