

# Depression in Primary Caregivers of Patients of Psychoactive Substance Use

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## ABSTANCE

**Aim:** To determine the depression in primary caregivers of patients of psychoactive substance use.

**Study design:** Descriptive cross-sectional

**Place and duration of study:** Department of Psychiatry, Jinnah Medical College Hospital Peshawar from 1<sup>st</sup> June 2020 to 31<sup>st</sup> December 2020.

**Methodology:** One hundred and twenty patients of both genders were enrolled. Patients detailed demographics age, sex and body mass index were recorded after taking informed written consent. Patients were aged between 18-70 years of age. Depression and anxiety were calculated in primary caregivers of patients of psychoactive substance use.

**Results:** Seventy (58.3%) patients were males and 50 (41.7%) patients were females. Mean age of the patients were 33.12±7.15 years with mean body mass index 25.08 ± 16.5 kg/m<sup>2</sup>. Psychoactive substance use resulted high level of depression and anxiety among the patients. 15 (12.5%) patients had mild, 30 (25%) showed moderate and 75 (62.5%) patients showed severe depression. Anxiety among patients was 12 (10%) mild, 26 (21.7%) moderate and 82 (68.3%) patients had severe. 30(25%) were illiterate and 90 (75%) were literate.

**Conclusion:** The caregivers of patients of psychoactive substance use had severity of depression with negative intimation among the cases. In patients with substance use disorders, depression and anxiety are usually found. The development of anxiety and depression on the one hand is obviously associated with the seriousness of medication-related issues on the other side.

**Keywords:** Anxiety, Depression, Substance use, Caregivers.

## INTRODUCTION

Egypt has a lifetime prevalence of 7.25% to 14.5% for all substances.<sup>1</sup> Diseases of substance use, mood and anxiety are common to the general public<sup>2-4</sup> and are linked to considerable social, economic and health losses.<sup>5-8</sup> Around 50% of persons suffering extreme mental illnesses have substance abuse, 37% of alcohol abusers, and 53% of drugs abusers also having at least one significant mental illness, with 29% of those who are diagnosed as mentally ill, either alcohol or drug abuse, according to studies reported in the Journal of the American Medical Association<sup>9</sup>.

Anxiety and depression are among the most common opioid treatment issues identified by individuals. The detoxification and remediation of addictive behaviour persist in primary psychiatric symptoms. There can be major risks from the addiction point of view, regardless of aetiology, associated with simultaneous depression and anxiety symptoms<sup>10</sup>.

Drug dependency can cause anxiety. Often, anxiety occurs during the acute withdrawal process in about a quarter of people withdrawing from alcohol and can last up to 2 years as part of a post-acute withdrawal syndrome<sup>11</sup>. Depression and anxiety symptoms are among the most common opioid addiction-related issues. Three quarters of the psychiatric impairment attributable to drug dependence,

anxiety and depression<sup>12</sup>. Their high prevalence, but also their negative effects, makes depression and drug abuse crucial. People with co-morbid psychological health and toxicity also have serious illness, disability and poor care results respectively<sup>13</sup>. The goal of this research was to determine opioid addict anxiety and depression levels.

## MATERIALS AND METHODS

This descriptive cross-sectional study was conducted at Department of Psychiatry, Jinnah Medical College Hospital Peshawar from 1<sup>st</sup> June 2020 to 31<sup>st</sup> December 2020. One hundred and twenty cases were included. Patients detailed demographics age, sex and body mass index were recorded after taking informed written consent. Permission was granted from Ethical Review Board. Patients who had chronic illness, organic brain disorder and mentally retarded were excluded. Patients were aged between 18-70 years of age. The data were gathered through person-to-person interviews by a professional research team of psychiatrists and psychologists. Prior to the interview, the researchers introduced themselves to participants and expressed the intent of the study explicitly. Each participant agreed to this. Depression and anxiety were calculated in primary caregivers of patients of psychoactive substance use. Complete data was analyzed by SPSS 24.

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**RESULTS**

There were 70(58.3%) male patients and 50(41.7%) female patients. Mean age of the patients were 33.12±7.15 years with mean body mass index (BMI) 25.08±16.5 kg/m<sup>2</sup>. Thirty (25%) patients were illiterate and 90 (75%) patients were literate. 20(16.7%) patients were unmarried and 100(83.3%) patients were married. 40(33.3%) patients were unemployed and 80(66.7%) were employed (Table 1).

Psychoactive substance use resulted high level of depression and anxiety among the patients. 15(12.5%) patients had mild, 30(25%) showed moderate and 75(62.5%) patients showed severe depression. Anxiety among patients was 12(10%) mild, 26(21.7%) moderate and 82(68.3%) patients had severe (Table 2).

Table 1: Demographic information of the patients

Variable	No.	%
<b>Gender</b>		
Males	70	58.3
Females	50	41.7
Mean age	33.12±7.15	
Mean BMI	25.08±16.5	
<b>Education status</b>		
Literate	90	75.0
Illiterate	30	25.0
<b>Marital status</b>		
Married	20	16.7
Unmarried	100	83.3
<b>Job status</b>		
Employed	80	66.7
Unemployed	40	33.3

Table 2: Frequency of depression and anxiety among patients

Variable	No.	%
<b>Depression</b>		
Mild	15	12.5
Moderate	30	25
Severe	75	62.5
<b>Anxiety</b>		
Mild	12	10.0
Moderate	26	21.7
Severe	82	68.3

**DISCUSSION**

In the category of caregivers, the predominance of females was greater compared with the group of consumers with regard to the sociodemographics. This is justified because women, especially women and/or family members, often play the role of caregiver. In his survey, 80.0% of caregivers showed that a study involving caregivers of psychiatric patients.<sup>13</sup> The majority of female care find another study that examined the effect of alcohol dependence in the households, and these characteristics have also been found in caregivers of chronic diseases.<sup>14</sup> The results of this study reaffirm literature findings and represent the practice of care, relegating to the wife the responsibility for caring for the ill family member. The high number of male users confirms that this group is strongly involved in the treatment of drug-dependent persons. Studies performed on the subject indicate that men use illegal drugs more in comparison to women and men are accredited as a risk factor for opioid dependency<sup>15</sup>.

In the present study, mostly 58.3% were males with mean age was 33.12±7.15 years and mean body mass index was 25.08±16.5 kg/m<sup>2</sup>. 30(25%) patients were illiterate and 90(75%) patients were literate. 20(16.7%) patients were unmarried and 100(83.3%) patients were married. 40(33.3%) patients were unemployed and 80(66.7%) were employed. These findings were comparable to the some previous studies<sup>16-18</sup>. The latest research shows that most opioid addicts are poly drug addicts. This may be due to the fact that one medicine is used as a base medicine or primary medicinal product with additional medicines for leavening or for compensating for the side effects of the primary medicine and making familiarity with the effects of drug synergy more pleasant<sup>19</sup>.

In this study we found that the psychoactive substance use resulted high level of depression and anxiety among the patients. Fifteen (12.5%) patients had mild, 30(25%) showed moderate and 75(62.5%) patients showed severe depression. Anxiety among patients was 12(10%) mild, 2(21.7%) moderate and 82 (68.3%) patients had severe. In a sample with people who have been HIV-infected who have used illegal drugs, 69% of the patients achieved depression levels, which was higher than in this study.<sup>20</sup> A greater proportion of depressing symptoms among users, which may indicate the co-morbidity associated with drug dependency, have been compared between the caregivers and users of this study. The risk factor of depression and other mental health problems was drug dependency.

Many researches correspond to our findings. Hodgson et al<sup>21</sup> found that more than two thirds of people who were addicted to medication had an extreme anxiety level, while most of the people who were substance addicts had a moderate angoisse. Pakhtunkhwa et al<sup>22</sup> also showed that most drug addicts appear to have extreme depression levels.

The findings of this study showed a strong correlation between anxiety, depression and DUDIT-related problems. Considering the shared maintenance patterns of the comorbidity, it is not shocking that conditions affect the way and treatment result of anxiety, depression and drug use. Studies have shown that the prevalence of alcohol use disorders during lifetime, increased lifetime life time use among people with a substance use disorder, increased alcohol withdrawal severity, and higher rates of retreat following drug abuse therapy have been shown.<sup>23,24</sup>

A direct cause model, indicating that one condition induces or lowers the threshold to communicate the other disorder, may account for the connection between anxiety and depression in this research. In the case of patients suffering from drug use diseases, the incidence of anxiety and depression is considerably high, and the extent of extreme depression and severe anxiety is more specific.

**CONCLUSION**

The caregivers of patients of psychoactive substance use had severity of depression with negative intimation among the cases. In patients with substance use disorders, depression and anxiety are usually found. The development of anxiety and depression on the one hand is

obviously associated with the seriousness of medication-related issues on the other side.

**Conflict of interest:** None

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