

Frequency of Depression and its Severity Among Primary Caregivers of Psychoactive Substance use Patients

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ABSTRACT

Objective: The purpose of this study is to find out how depressed primary carers of psychoactive substance use patients.

Study Design: Cross sectional/ Descriptive

Place and Duration: Study was conducted at DHQ Hospital Jhang with duration of Dec 2020-Dec 2021.

Methods: This study included a total of 90 patients of both genders. Patients ranged in age from 20 to 65 years old. Primary carers of patients who used psychoactive substances were included in the study. After receiving informed written consent, patients' detailed demographics such as age, sex, and BMI were collected. Depression, stress, and anxiety were measured in the cases that were enrolled. SPSS 22.0 was used to analyze all of the data.

Results: Among 90 cases, number of males was 58 (64.4%) and females were 32 (35.6%). The mean age of the patients was 31.6±8.51 years and mean BMI of the patients was 23.03±13.61 kg/m². Majority of the cases were from urban areas 61 (67.8%) and had poor socio-economic status 55 (61.1%). Frequency of married patients was 49 (54.4%) and 53 (58.9%) were literate. Frequency of depression was found among 85 (94.4%) cases, anxiety in 78 (86.7%) cases and stress in 74 (82.2%) patients. Among 85 cases of depression 65 (76.5%) patients had severe depression.

Conclusion: According to the findings of this study, the carers of patients who used psychoactive substances exhibited severe depression. On the one hand, the severity of medication-related difficulties is clearly linked to the development of anxiety and depression to others.

Keywords: Caregivers, Stress, Depression, Anxiety, Psychoactive Substance

INTRODUCTION

Addictions and mental illness are among the most costly diseases in the world, according to a Global Burden of Disease research, but they often go unnoticed. [1-3] There is a direct correlation between substance use disorder (SUD) and poor treatment compliance, course and outcome, more homelessness, more unemployment, criminal offences, suicide and worse overall functioning among people with mental illness. [4,5] Several large epidemiological studies have been conducted in industrialised countries to examine the prevalence of SUD among people with mental illness, [6,7], but only one such study has been published from Agra, India. [8]

Saddichha et al. investigated individuals with SUDs and co-occurring schizophrenia and bipolar affective disorder (BPAD) alongside patients with solely SUDs, and their results show that the two conditions are often intertwined. They compared the two groups based on their gender, age, and nicotine use. Cannabis and alcohol were the most often utilised substances, and the amount consumed was higher in those with comorbid diagnoses. One hundred cannabis and alcohol addictions. Patients with schizophrenia accounted for 20% of the study's participants, whereas patients with mood disorders accounted for 80% of the study's participants. However, the review only covered a small number of Indian papers on the topic. [9,10]

Affective disorders such as anxiety and depression are among the most common treatment difficulties for opiate addiction. Primary psychiatric symptoms persist in the detoxification and rehabilitation of addicted behaviour. If depression and anxiety symptoms are present at the same time, there is a significant chance of addiction [11]

Anxiety can result from a drug addiction. At the beginning of the withdrawal process, anxiety is common in around a quarter of people, and can last up to two years as part of the post-traumatic stress disorder (PTSD). [12] Anxiety and depression are two of the most common side effects of opiate abuse. Drug dependence, anxiety, and depression account for 75 percent of all psychiatric disability [13]. Depressive disorders and substance abuse are important because of how common they are and what they may do to people. People who have both poor mental health and toxic toxicity are also more likely to suffer from significant sickness, incapacity, and subpar medical care [14].

Anxiety and depression among primary carers of opioid addicts were the main objectives of this study.

MATERIAL AND METHODS

This descriptive cross-sectional study conducted in DHQ Hospital Jhang and comprised of 90 cases. It was necessary to obtain informed written consent before collecting comprehensive demographic data about patients. This study excluded patients with chronic sickness, neurological disease, or mental retardation.

Patients ranged in age from 20 to 65. Psychologists and psychiatric doctors interviewed the participants in this study one on one. Investigators formally introduced themselves to participants in advance of interviews, and explained the purpose of the research project. The consensus was unanimous. Primary caregivers of patients with psychoactive substance use were assessed for depression and anxiety. Data were analysed using SPSS 22.0.

RESULTS

Among 90 cases, number of males was 58 (64.4%) and females were 32 (35.6%). (fig 1)

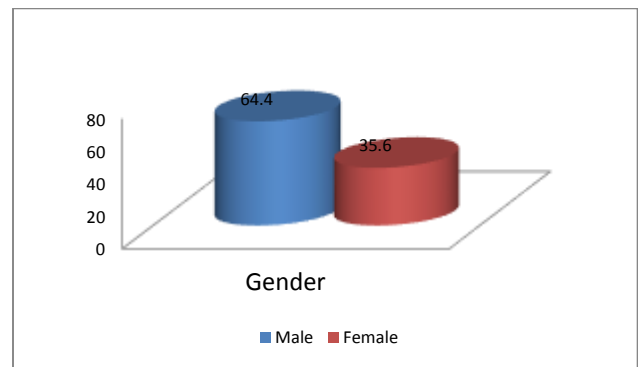


Figure 1: Gender distribution of enrolled cases

The mean age of the patients was 31.6±8.51 years and mean BMI of the patients was 23.03±13.61 kg/m². Majority of the cases were from urban areas 61 (67.8%) and had poor socio-

economic status 55 (61.1%). Frequency of married patients was 49 (54.4%) and 53 (58.9%) were literate. (Table 1)

Table 1: Baseline detailed demographics of enrolled cases

Variables	Frequency	% age
Mean age (years)	31.6±8.51	
Mean BMI (kg/m ²)	23.03±13.61	
Residency		
Urban	61	67.8
Rural	29	32.2
Socio-economic status		
Poor	55	61.1
Good	100	38.9
Marital status		
Yes	49	54.3
No	41	45.7
Education status		
Yes	53	58.9
No	37	41.1

Frequency of depression was found among 85 (94.4%) cases, anxiety in 78 (86.7%) cases and stress in 74 (82.2%) patients.(table 2)

Table 2: Association of depression, stress and anxiety among all cases

Variables	Frequency	% age
Depression		
Yes	85	94.4
No	5	5.6
Stress		
Yes	74	82.2
No	16	17.8
Anxiety		
Yes	78	86.7
No	12	13.3

Among 85 cases of depression 65 (76.5%) patients had severe depression.(fig 2)



Figure 2: Association of severity among depressed cases

DISCUSSION

There was a higher gender disparity among caretakers compared to consumers based on sociodemographic factors. It is reasonable to conclude that women, particularly females and family members, frequently assume the position of caretaker. Caregiver participation in the study was found to be 80.0 percent in his survey of caregivers. [15] The majority of female carers identified another study that evaluated the effect of alcohol dependence in the homes, and these features have also been reported in caregivers of chronic diseases[16]. Results from this study are consistent with previous research and represent the practise of care, which places the burden of caring on a woman. The large percentage of male users demonstrates that this demographic is heavily involved in the care of those who are addicted to drugs. Studies have shown that men are more likely to use illegal drugs than women, which is a risk factor for opioid abuse. [16]

In present study 90 primary caregivers of patients used psychoactive substance were presented. Among 90 cases, number of males was 58 (64.4%) and females were 32 (35.6%). The mean age of the patients was 31.6±8.51 years and mean BMI of the patients was 23.03±13.61 kg/m².These were comparable to the previous findings. [17,18]Majority of the cases were from urban areas 61 (67.8%) and had poor socio-economic status 55 (61.1%). Frequency of married patients was 49 (54.4%) and 53 (58.9%) were literate.[19] Several studies have found that most opioid users are also polydrug addicts, according to the most recent findings. That this is the case may be owing to the fact that one medicine is used as a base medicine or primary medical product, with additional medicines being utilised for leavening, compensating for side effects of the primary treatment, or to make familiarity with the effects of drug synergy more pleasurable. [20]

Frequency of depression was found among 85 (94.4%) cases, anxiety in 78 (86.7%) cases and stress in 74 (82.2%) patients. In a prior study on the wives of alcohol-dependent males, 70.9 percent of participants reported experiencing psychological symptoms, followed by 19.3 percent reporting physical symptoms, and 3.2 percent reporting both physical and psychological symptoms. [21]

An earlier study found that 69.0% of HIV-infected individuals who had used illegal drugs had depressive symptoms, which was greater than in this study[22]. Comparing caregivers and study participants, it was found that study participants had a higher percentage of dephrasing symptoms, which may indicate the presence of co-morbid conditions such drug use. For depression and other mental health issues, substance dependency was a significant risk factor.[23]

Similar findings have been seen in other investigations. Addiction to medication is associated with an acute level of anxiety in more than two-thirds of addicts, whereas the majority of drug abusers have a moderate level of angst. In addition, they discovered that the vast majority of drug addicts suffer from severe depression [24].

This study found a high link between anxiety, depression, and DUDIT-related issues. Comorbidity is not surprising in light of the similar maintenance patterns of anxiety, depression, and substance abuse. Those with substance use disorders experience more severe alcohol withdrawal symptoms, as well as greater rates of relapse following treatment for their addiction. Research has indicated that people with a substance use disorder have higher lifetime rates of alcohol use disorders. Court of Appeals for the Federal Circuit.[24,25] Among primary caregivers of patients with mental illness, being single, providing care for more than six hours a day, caring for a patient with a history of suicide ideation or attempts, and being illiterate were all found to be linked with depression in the multivariate logistic regression. [26]

A direct causation hypothesis, which suggests that one state causes or lowers the threshold for the other, may explain the link between anxiety and depression in this study. In patients with drug-related disorders, anxiety and depression are more common, and the severity of severe anxiety and depression is more specific.

CONCLUSION

According to the findings of this study, the carers of patients who used psychoactive substances exhibited severe depression. On the one hand, the severity of medication-related difficulties is clearly linked to the development of anxiety and depression to others.

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