

Correlation of Life Events in Alcohol and Drug Dependence: A Case Control Study

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ABSTRACT

Background: A life course viewpoint for alcohol and other drug studies recognizes altering forms of alcohol and drug usage over a due course of time and the status of social context and life proceedings in terms of their effect on shifts in alcohol or drug use and problem trajectories. In a 3-year study of adults who drank on monthly basis prior to baseline, the perceived adequacy of drinking and social obligations to drink or abstain were consistency correlates of their drinking termination. The present study was conducted with the aim to determine correlation of life events in alcohol and drug dependence.

Materials and Methods: The present prospective, hospital based survey was performed for a period of one year with effect from September 2018 to August 2019. It was carried out in the Department of Psychiatry, New STNM Multispecialty Hospital Gangtok. The type of drug abused was also noted amongst all the subjects. Any history of suicidal attempts was noted in a tabulated form. Details regarding the stressful events was noted amongst the subjects. All the data thus obtained was arranged in a tabulated form and analyzed using SPSS software.

Results: Separation was observed amongst 3 subjects and 3 controls. There were 6 cases of divorce amongst subjects and

3 cases amongst controls. Illness of family member was seen amongst 3 subjects and 2 controls. There were 21 subjects and 45 controls who started at 10-20 years, 25 subjects and 4 controls started at 21-30 years and 4 subjects and 1 control started at 31-40 years of age. There were 4 control with opioid addiction, 26 with cannabis addiction and 20 with poly substance addiction.

Conclusion: Amongst majority of the subjects drug and alcohol initiation began at 10-21 years of age and pleasure was the reason for initiation amongst majority of subjects.

Keywords: Addiction, Alcohol, Drug Dependence, Stress.

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INTRODUCTION

Life span theory¹ shows that life actions, changes, and adaptation as critical alterations on human growth. A life course viewpoint for alcohol and other drug studies recognizes altering forms of alcohol and drug usage over a due course of time and the status of social context and life proceedings in terms of their effect on shifts in alcohol or drug use and problem trajectories.^{2,3} Like, marriage amongst younger adults protects against initiation of alcohol related issues later in life⁴ as per a 7-year longitudinal survey, and is also related with decreased alcohol usage.⁵ Though, in a community of older populace followed over a time of six-years, marriage and divorce were related with both changes in patterns in drinking.⁶ Amongst elder adults, negative health proceedings may inspire decreased drinking amongst both men and women.⁷ Retirement may also be a risk factor for augmented drinking amongst some late-middle-aged subjects.⁸ In a survey of blue-collar seniors, alcohol feasting increased with involuntary

superannuation⁹, and amongst university retirees with especially demanding pre-retirement work cultures, drinking also elevates after retiring.¹⁰ In a 3-year study of adults who drank on monthly basis prior to baseline, the perceived adequacy of drinking and social obligations to drink or abstain were consistency correlates of their drinking termination.¹¹ The present study was conducted with the aim to determine correlation of life events in alcohol and drug dependence.

MATERIALS AND METHODS

The present prospective, hospital based survey was performed for a period of one year with effect from September 2018 to August 2019. It was carried out in the Department of Psychiatry, New STNM Multispecialty Hospital Gangtok, after obtaining Ethical clearance from the Ethical Committee, Government of Sikkim. Total 100 patients were enrolled in the study out of which 50

patients of Alcohol dependence as a case and consecutive 50 patients of Drug dependence as a control for the study. All the subjects were given a pre designed and pre tested questionnaire in which information regarding the demographic details, alcohol or drug details and family history was obtained. All the subjects were asked in detail regarding the initiation of drug or alcohol abuse habit. The type of drug abused was also noted amongst all the subjects. Any history of suicidal attempts was noted in a tabulated form. Details regarding the stressful events was noted amongst the subjects. All the data thus obtained was arranged in a tabulated form and analyzed using SPSS software.

Table 1: Stressful life events amongst study subjects

Stressful Life events	Subjects	Control	Significance
Separation	3	3	>0.05
Divorce	6	3	>0.05
Death of family member	3	2	>0.05
Illness of family members	3	2	>0.05
Extramarital affairs	2	3	>0.05
Broken Love affairs	2	3	>0.05
Relationship problems	3	3	>0.05
Second marriage	3	1	>0.05
Unemployment	2	2	>0.05
Family conflict	4	5	>0.05
Adjustment problems	3	4	>0.05
Marital conflict	5	5	>0.05
Financial problems	2	2	>0.05
Parental divorce	3	5	>0.05
Having no children	2	2	>0.05

Table 2: Age and reason for initiation amongst the subjects

	Subjects	Control	Significance
Age of Initiation			>0.05
10-20 years	21	45	
21-30	25	4	
31-40	4	1	
Reason of Initiation			>0.05
Peer pressure	8	22	
Pleasure	17	18	
Parental use	6	2	
Stress	14	5	
Marital discord	5	3	

Table 3: Type of addictions and suicidal behavior amongst the subjects

	Subjects	Control
Suicidal Behaviors		
DSH	2	10
Suicidal Attempts	2	3
Nature of Addictions		
Opioid		4
Cannabis		26
Poly substance		20

RESULTS

Table 1 shows the Stressful life events amongst study subjects. Separation was observed amongst 3 subjects and 3 controls. There were 6 cases of divorce amongst subjects and 3 cases amongst controls. Illness of family member was seen amongst 3 subjects and 2 controls. There was no significant difference amongst the subjects and controls. There were 2 subjects and 3 controls with extramarital affairs. 2 subjects and 3 controls had broken love affairs. Financial problems were observed amongst 2 subjects and controls respectively. Parental divorce was observed amongst 3 subjects and 5 cases. There were 2 cases each of unemployment amongst subjects and controls.

Table 2 shows the Age and reason for initiation amongst the subjects. There were 21 subjects and 45 controls who started at 10-20 years, 25 subjects and 4 controls started at 21-30 years and 4 subjects and 1 control started at 31-40 years of age. There were 8 subjects and 22 controls who started due to peer pressure. 17 subjects and 18 controls initiated due to pleasure. There were 6 subjects and 2 controls which initiated due to parental use. Stress was the reason of initiation amongst 14 subjects and 5 controls. Marital discord was the reason amongst 5 subjects and 3 controls. Table 3 shows the Type of addictions and suicidal behavior amongst the subjects. Suicidal behavior was observed amongst 4 subjects and 13 controls. There were 4 control with opioid addiction, 26 with cannabis addiction and 20 with poly substance addiction.

DISCUSSION

In clinical populace of subjects with alcohol dependence issues, developmental life occurrences are related with stable alterations and lead to both positive and negative results.^{12,13} At 5, 7 and 9 years after alcohol and drug dependence treatment, losing a partner and wedding are both related with lower relapse frequencies.¹⁴ Alcohol-related medical structures detected at baseline through a period of 1 year after alcohol dependence management intake predict the remission from alcohol use at 5 years.¹⁵ Studies on gendered outcomes to life occurrences amongst subjects with alcohol dependence issues proves that men may be more disposed to alcohol dependence usage when challenged with negative life occurrences like death of a significant other part, issues in peer relations, and deteriorating health.¹⁶ In a qualitative examination of retrieval in unmanaged drug-dependent males and females, the desire to uphold relations caring for children and death of a father motivated decisions to end alcohol usage.¹⁷ In our study, amongst stressful events, Separation was observed amongst 3 subjects and 3 controls. There were 6 cases of divorce amongst subjects and 3 cases amongst controls. Illness of family member was seen amongst 3 subjects and 2 controls. There was no significant difference amongst the subjects and controls. There were 2 subjects and 3 controls with extramarital affairs. 2 subjects and 3 controls had broken love affairs. Financial problems were observed amongst 2 subjects and controls respectively. Parental divorce was observed amongst 3 subjects and 5 cases. There were 2 cases each of unemployment amongst subjects and controls. There were 21 subjects and 45 controls who started at 10-20 years, 25 subjects and 4 controls started at 21-30 years and 4 subjects and 1 control started at 31-40 years of age. There were 8 subjects and 22 controls who started due to peer pressure. 17 subjects and 18

controls initiated due to pleasure. There were 6 subjects and 2 controls which initiated due to parental use. Stress was the reason of initiation amongst 14 subjects and 5 controls. Marital discord was the reason amongst 5 subjects and 3 controls. Comparing community and clinical examples, there may be resemblances in form of life knowledges (especially having a medical condition) that are skilled of exerting effect on alcohol or drug use. Yet there are very few studies. Childrearing is an event that arouses treatment-seeking and keeps recovery in females and males of the child-bearing age group.¹⁸ The satisfaction and sense in life discovery is similar to others in community studies involving care for cancer¹⁹, AIDS and dementia. Similarly, in community portions caregiver stress is related to elevated health issues, like depression²⁰, panic disorder and PTSD²¹, alcohol and drug use, and elevated risk for suicide amongst elder adults.

CONCLUSION

Amongst majority of the subjects drug and alcohol initiation began at 10-21 years of age and pleasure was the reason for initiation amongst majority of subjects. There were majority of subjects with cannabis addiction. From the study, it was clearly observed that there is strong need to educate people and made people aware of the deleterious effects of alcohol and drug consumption.

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