

Study of Socio-Demography and Psychiatric Comorbidity in Alcohol Dependent Males

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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 determine the Socio demographic variables and Psychiatric co-morbidity in alcohol- dependent cases and comparative study of psychiatric disorders in controls group.

Methods: 100 cases and 100 controls were included. A Standard proforma to record socio- demographic factors and detail alcohol abuse history. 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 82% and 16%, respectively. The common ones were depression, Antisocial Personality disorder, GAD and phobia. 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.

Keywords: Alcohol Dependence, Psychiatric Co-Morbidity.

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INTRODUCTION

The association of comorbid psychiatric condition in alcohol dependents have a significant concern for researchers today. Study of 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 R and Winokur G 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 F and Gentil V 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 al.⁹ People who are alcohol dependent are at higher risk of depression as shown by Nakamura et al.¹⁰ Study by Morgenstern et al¹¹ found personality disorder association in 366 subjects having alcohol dependency.

They concluded 22.7% suffered antisocial personality disorder (ASPD). Present study focusses on Comorbid Psychiatric condition in alcohol dependent cases and their comparison with controls. Socio-demographic factors is evaluated in study as well.

MATERIALS AND METHODS

The Study was conducted in Shree Kalyan (S.K) Government Hospital, Sikar, Rajasthan in duration of 1 year. The Study included 100 cases visiting Psychiatry OPD in the Government hospital fulfilling DSM-5 criteria for Alcohol dependence and 100 healthy controls from general population.

Inclusion Criteria

Males fulfilling DSM-5 criteria for alcohol dependence and age group- 20-50 years.

Cases will be 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. Statistical calculations done with SPSS latest version.

RESULTS

Most of the cases belongs to age group 36-40 years (27%), maximum were Hindu males (84%) and belongs to rural population (65%). Alcoholics were having nuclear type family 63% 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 (69%) consume more and are majorly dependent compared to rural males (table 1). Out of 100 alcoholic cases 82 having psychiatric disorders and out of 100 controls 16 have psychiatric disorders.

Table 1: Socio demographic characteristics

Socio demography		Cases n=100	Controls n=100	Significance p<0.05
Age (years)	20-25	23	25	p>0.05 not significant
	26-30	10	11	
	31-35	11	12	
	36-40	27	25	
	41-45	17	15	
	46-50	12	12	
Religion	Hindu	84	85	p>0.05 not significant
	Muslim	4	2	
	Sikhism	12	13	
Domicile	Rural	31	33	p>0.05 not significant
	Urban	69	67	
Education	Post Graduate	11	13	p>0.05 not significant
	Graduate	32	31	
	High Secondary	19	24	
	Secondary	22	17	
	Middle school Illiterate	16	15	
Occupation	Professional	8	10	p>0.05 not significant
	Semi-Professional	16	14	
	Arithmetic skill job	22	21	
	Skilled Worker	4	6	
	Unskilled Worker	10	11	
	Unemployed	40	38	
Birth Order	1	19	49	p<0.01 significant
	2	36	21	
	3	45	30	
Family Month Income (Rs)	<5000	52	49	p>0.05 not significant
	5100-10000	19	22	
	10001-15000	11	10	
	15001-20000	2	3	
	20001-25000	4	3	
	25001-30000	4	4	
	30001-35000	2	1	
	35001-40000	0	1	
	40001-45000	3	3	
	45001-50000	3	2	
	>50000	0	2	
	Family Type	Nuclear	63	
Joint		37	39	
Marital Status	Married	81	78	p>0.05 not significant
	Unmarried	17	18	
	Divorced	2	4	

Table 2: Psychiatric Comorbidity

Psychiatric comorbidity	Cases Alcoholic N=100	Controls N=100	Chi square	p value
Depression	29	2	27.82	p value<0.05
Phobia	15	2	10.86	p value<0.05
Antisocial Personality	19	1	18.1	p value<0.05
GAD	10	6	1.08	p value>0.05
Panic disorder	9	5	1.22	p value>0.05
Total	82	16		

Table 2 reflects association of Psychiatric comorbid condition with alcohol dependent males. We found that out of 100 cases 82% were found to be associated with some Psychiatric diagnosis. 29% 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 $p<0.01$) and Antisocial Personality disorder in 19% (chi square =18.10 and $p<0.01$). Similarly General Anxiety disorder in 10% and Panic disorder in 9%.

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 reflects male: female ratio of drinking to be about 3:1. as seen in Rose He et al.¹² 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 al.¹³ We found Graduate, married and unemployed are involved in drinking habits more as also seen in Crawford et al.¹⁴ We also concluded that Urban males are found to be more dependent with respect to rural males which are similar with Dawson et al.¹⁵ In cases we observed that 82 % 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 29% which matches with studies by Alec et al.¹⁶ and by Cadoret et al.⁶ In our studies we concluded Alcoholic have underlying antisocial 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 al.¹² and Gentil V et al.⁸ In the present study we observed that psychiatric comorbidity more reflected in alcohol dependent cases as we compare to healthy controls.

It can be concluded that alcohol dependents suffered from more psychiatric conditions 82% (depression – 29%, Antisocial Personality 19%, Phobia 15%, General Anxiety disorder 10% and panic disorder 9%). Alcoholic cases mostly in age group 36-40 years, married 81% and from nuclear families 63% and generally in urban settings 69%. Higher birth order more involved in drinking habits. So present study reflected on socio demographic factors and associated psychiatric comorbidities in them.

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