



ASSESSMENT OF DEPRESSION AMONG DRUG ADDICTS: AN EMPIRICAL STUDY

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ABSTRACT

Depression is a common co-occurring condition among drug addicts and has significant consequences for treatment outcomes, risk of relapse, and stigma towards individuals with addiction and mental health disorders. However, there is a lack of comprehensive assessment and treatment strategies that address this co-occurring condition. The purpose of this study is to assess the prevalence of depression among drug addicts, identify effective assessment methods, and develop integrated treatment approaches that address both conditions concurrently. A systematic review of the literature will be conducted to identify studies that have assessed depression among drug addicts. Data will be analyzed using a meta-analytic approach to estimate the prevalence of depression among drug addicts and to identify effective assessment methods. A qualitative analysis will be conducted to identify integrated treatment approaches that have been developed to address both addiction and depression. The results of this study will provide valuable insights into the prevalence of depression among drug addicts, effective assessment methods, and integrated treatment approaches that can be used to improve treatment outcomes, reduce the risk of relapse, and reduce stigma towards individuals with addiction and mental health disorders. By addressing this critical issue, we can improve the quality of care provided to individuals with addiction and depression, leading to better treatment outcomes and reduced social and economic costs associated with these conditions.

INTRODUCTION

Depression affects millions of people all over the world and is a widespread mental health problem. It is a serious disorder that can significantly affect a person's life, making it difficult for them to go about their everyday lives and uphold healthy relationships. Drug addiction, which frequently co-occurs with depression, is another important problem that affects a significant number of people.

Assessing depression among drug addicts is important because it can help healthcare professionals identify the severity of the problem and develop appropriate treatment plans. Depression can be a risk factor for drug addiction, and drug addiction can also exacerbate symptoms of depression. Therefore, it is essential to address both conditions simultaneously to achieve the best possible outcomes for patients. Assessing depression among drug addicts can be challenging due to the complex interplay between these two conditions. However, various assessment tools and methods can help identify the presence and severity of depression in individuals with drug addiction. These tools can include questionnaires, interviews, and observations, and may be administered by trained healthcare professionals. (Zemestani, M., et al, 2016)

What is Depression?

Depression is a common and serious mental health disease that affects how a person feels, thinks, and acts. It is marked by long-lasting sadness, depression, and losing interest or pleasure in things that used to be fun. Depression can cause a number of physical symptoms, such as tiredness, changes in your appetite or sleep habits, and trouble focusing. Depression can be caused by many things, like genetics, life events, and chemical imbalances in the brain. It can have a big effect on a person's daily life, their connections, and their ability to do things. It can happen to anyone of any age, gender, or background. (Kousha, M et al, 2012)



Major depressive disorder, dysthymia, and seasonal affective disorder are all different kinds of sadness. Depression is often treated with a mix of medication, therapy, and changes in living,

such as getting more exercise and learning how to deal with stress. With the right care, many people with sadness can get rid of their symptoms and live full lives.

NEED OF THE STUDY

Since it has far-reaching effects on both individuals and society as a whole, assessing depression among drug addicts is an important area of study. A mental condition called depression is characterised by protracted feelings of melancholy, hopelessness, and a lack of enthusiasm for once-pleasurable pursuits. It is a major risk factor for addiction and is frequently felt by those who are battling substance use disorders. Depression is a serious issue that needs to be addressed because research has revealed that up to 50% of individuals with addiction also suffer it. The effect depression has on treatment results is one of the main justifications for evaluating depression in drug addicts. Addiction treatment programs are designed to help individuals overcome their addiction and make positive changes in their lives. However, depression can significantly hinder the effectiveness of these programs. Individuals who are depressed may struggle to engage in treatment, may be less motivated to make changes, and may be at greater risk of dropping out of treatment. Identifying and addressing depression in drug addicts may lead to more successful treatment outcomes by improving engagement, motivation, and adherence to treatment protocols. Depression is also a significant risk factor for relapse among drug addicts. Relapse is common in addiction recovery, but it can be particularly challenging for those who are also struggling with depression. Individuals who are depressed may turn to drugs as a way of self-medicating or coping with their symptoms, which can lead to a cycle of addiction and depression. Addressing depression in drug addicts may reduce the likelihood of relapse by improving overall mental health and reducing the urge to use drugs as a coping mechanism. (Kendler, K. S., 2003)

PROBLEM STATEMENT

Despite the high prevalence of depression among drug addicts, there is a lack of comprehensive assessment and treatment strategies that address this co-occurring condition. This results in reduced treatment effectiveness, increased risk of relapse, and perpetuation of stigma and discrimination towards individuals with addiction and mental health disorders. There is a need

for research that examines the prevalence of depression among drug addicts, identifies effective assessment methods, and develops integrated treatment approaches that address both conditions concurrently. By addressing this problem, we can improve the quality of care provided to individuals with addiction and depression, leading to better treatment outcomes and reduced social and economic costs associated with these conditions.

LITERATURE REVIEW

Assessment of depression

Depression is a common mental illness that affects millions of people all over the world. It is marked by a constant feeling of sadness, a loss of hope, and a loss of interest or pleasure in things that used to be fun. Depression is a more severe and long-lasting form of sadness that can make it hard to do daily chores, get along with other people, and enjoy life in general. It's normal to feel sad or melancholy from time to time. Assessment of depression is an important step in accurately diagnosing and treating the condition.(Zemestani, M., &Ottaviani, C,2016).

Assessment of depression typically involves a combination of clinical interview, self-report questionnaires, and behavioral observations. During a clinical interview, a trained mental health professional will ask questions about the individual's symptoms, history, and other factors that may contribute to depression. Self-report questionnaires, such as the Beck Depression Inventory (BDI) or the Patient Health Questionnaire-9 (PHQ-9), are also commonly used to assess the severity of depression based on the individual's responses to a series of questions about their symptoms.

Behavioral observations, such as changes in appetite or sleep patterns, may also be used to help diagnose depression. For example, if an individual has lost interest in activities they once enjoyed, this could be a sign of depression. Additionally, if an individual is experiencing difficulty sleeping or has a change in appetite, this could also be an indication of depression.

It is important to note that depression evaluation tools should always be used in conjunction with a clinical interview and other examinations to achieve an appropriate diagnosis and treatment.

Depression usually co-occurs with other mental health diseases such as anxiety or substance use

disorder, thus it is important to address all of these issues throughout treatment..(Kousha, M.,et al,2012)

assessment of depression is a critical step in accurately diagnosing and treating this common mental health condition. A combination of clinical interview, self-report questionnaires, and behavioral observations are typically used to assess the severity of depression and develop an appropriate treatment plan. It is important for individuals to seek help if they are experiencing symptoms of depression, as effective treatments are available and can significantly improve quality of life.

Brady, K. T., & Sinha, R. (2005).Co-occurring mental and substance use disorders are common and complex conditions that have significant impacts on individuals' lives. Chronic stress is known to be a key factor in the development and exacerbation of these disorders, and recent research has begun to uncover the neurobiological mechanisms underlying this relationship. This paper provides an overview of the neurobiological effects of chronic stress on the brain and how they may contribute to the development of co-occurring mental and substance use disorders.Chronic stress is a prolonged activation of the body's stress response system, which can lead to dysregulation of the hypothalamic-pituitary-adrenal (HPA) axis and the sympathetic nervous system. These changes in stress response systems have been linked to alterations in brain structure and function, including reductions in hippocampal volume, changes in prefrontal cortical activity, and alterations in dopamine and glutamate signaling in the reward pathway.

Kendler, K. Set al,(2003)These neurobiological changes can contribute to the development and maintenance of both mental and substance use disorders. For example, alterations in prefrontal cortical activity can lead to impaired impulse control and decision-making, which are commonly observed in individuals with substance use disorders. Changes in the reward pathway can lead to an increased vulnerability to addiction and a decreased ability to experience pleasure from natural rewards, such as social interaction or exercise.Understanding the neurobiological effects of chronic stress is crucial for developing effective treatments for co-occurring mental and substance use disorders. Treatment approaches that target the underlying neurobiological changes, such as cognitive behavioral therapy, mindfulness-based interventions, and

pharmacotherapy, may be more effective than traditional approaches that focus solely on symptom reduction. Additionally, interventions that target stress reduction, such as exercise, relaxation techniques, and social support, may be beneficial for individuals with co-occurring mental and substance use disorders.

DRUG ADDICTS

The National Comorbidity study-Replication (NCS-R) is a nationwide study of mental disorders in the United States. Researchers looked at how many older Americans have mood, anxiety, and substance-use problems in a study based on data from the NCS-R..(Gum, A.,2009)

“The results of the study showed that the lifetime prevalence of any mood disorder among older Americans was 20.9%, with major depressive disorder being the most common (16.2%). The lifetime prevalence of any anxiety disorder was 22.5%, with specific phobia being the most common (11.7%). The lifetime prevalence of any substance-use disorder was 10.3%, with alcohol abuse being the most common (7.9%)”.

“The study also found that the prevalence of mood, anxiety, and substance-use disorders decreased with age, with the highest prevalence rates occurring among those aged 55-64 years. Additionally, the study found that women were more likely than men to have a mood or anxiety disorder, while men were more likely than women to have a substance-use disorder”.

The findings of this study highlight the high prevalence of mental and substance-use disorders among older Americans. The results suggest that mental health and substance-use services are needed to address the needs of this population. Given that the prevalence of these disorders decreases with age, early detection and intervention may be important in preventing the onset of these conditions among older adults.

METHODOLOGY

The research design for assessing depression among drug addicts can be a cross-sectional study. A cross-sectional study involves collecting data at a single point in time from a group of individuals. In this case, the group of individuals would be drug addicts. Cross-sectional studies

are useful for examining the prevalence of a condition or characteristic within a population, such as the prevalence of depression among drug addicts.

To assess depression among drug addicts, the following methodology can be used:

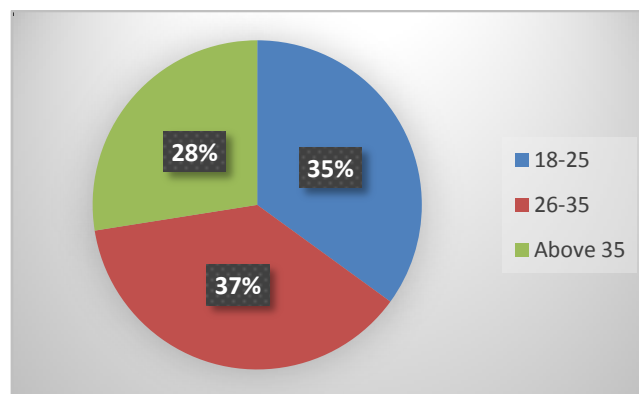
Sampling: A convenient sampling method can be used to select drug addicts from rehabilitation centers, hospitals, and community outreach programs. The sample size can be 80 respondents.

Data collection: A self-reported questionnaire can be used to collect data on depression. The questionnaire can include standardized measures such as the Beck Depression Inventory or the Patient Health Questionnaire-9 (PHQ-9).

RESULTS AND DISCUSSION

What is your age? (Select one)

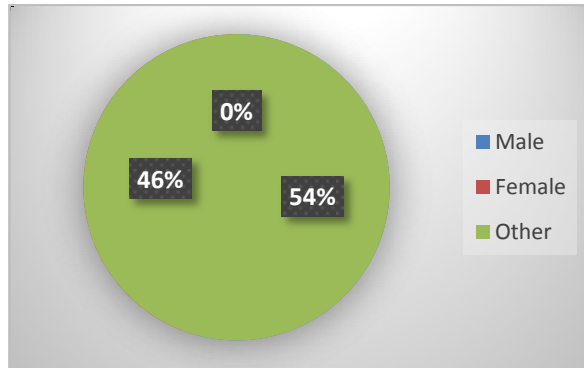
- a. 18-25
- b. 26-35
- c. Above 35



According to the data, you had a total of 80 respondents. Out of these, 28 respondents were between the ages of 18-25, 30 respondents were between the ages of 26-35, and 22 respondents were above the age of 35.

What is your gender? (Select one)

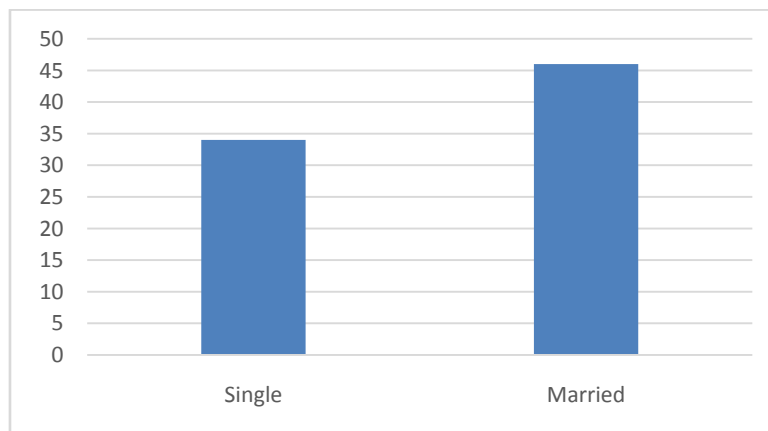
- a. Male
- b. Female
- c. Other



Out of a total of 80 respondents, 43 identified as male and 37 identified as female. There were no respondents who identified as "Other".

What is your marital status? (Select one)

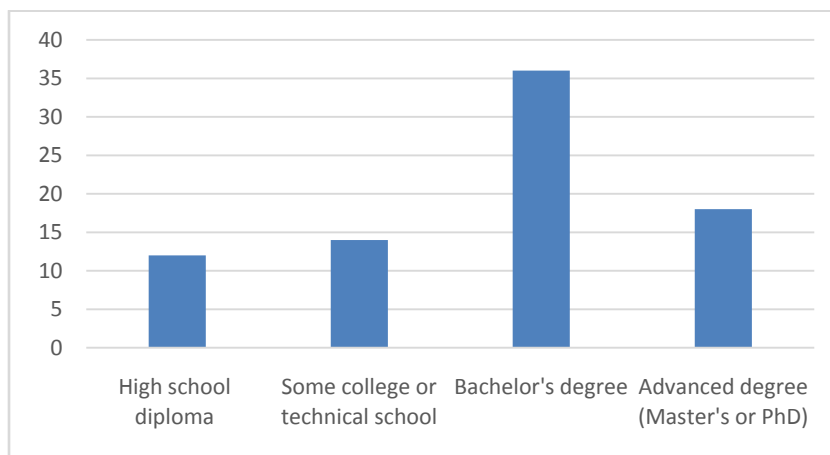
- a. Single
- b. Married



Out of a total of 80 respondents, 34 identified as single and 46 identified as married.

What is your highest level of education completed? (Select one)

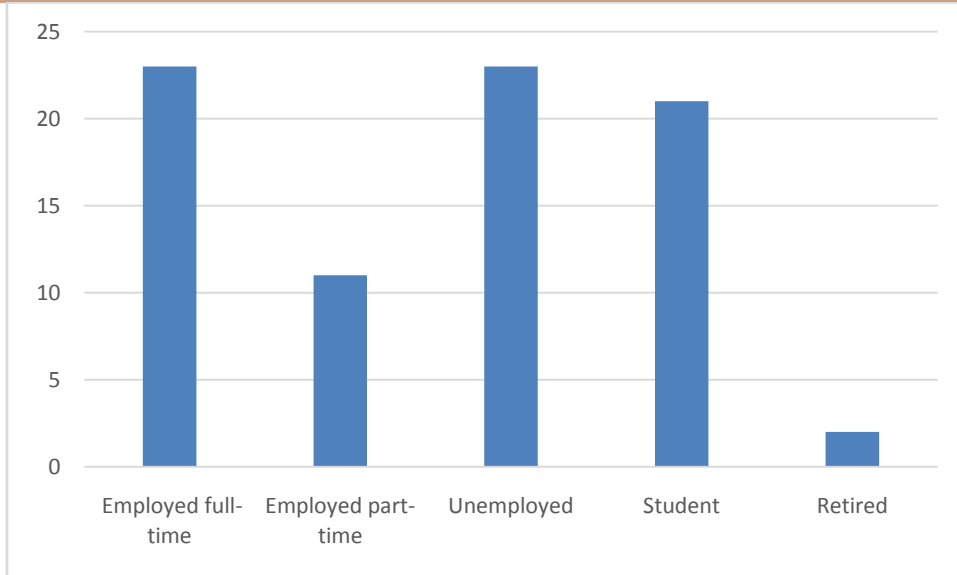
- a. High school diploma
- b. Some college or technical school
- c. Bachelor's degree
- d. Advanced degree (Master's or PhD)



Out of a total of 80 respondents, 12 respondents completed high school, 14 respondents completed some college or technical school, 36 respondents completed a bachelor's degree, and 18 respondents completed an advanced degree such as a master's or PhD.

What is your current employment status? (Select one)

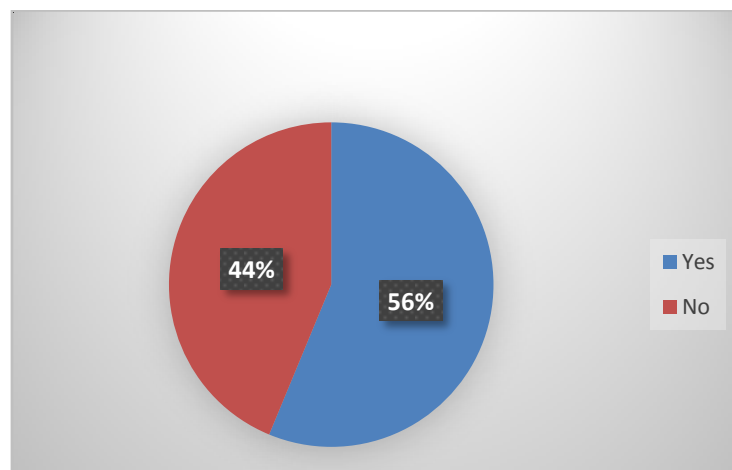
- a. Employed full-time
- b. Employed part-time
- c. Unemployed
- d. Student
- e. Retired



it seems collected information about the current employment status of your survey respondents. Out of a total of 80 respondents, 23 respondents were employed full-time, 11 respondents were employed part-time, 23 respondents were unemployed, 21 respondents were students, and 2 respondents were retired.

Have you ever been diagnosed with depression? (Select one)

- a. Yes
- b. No

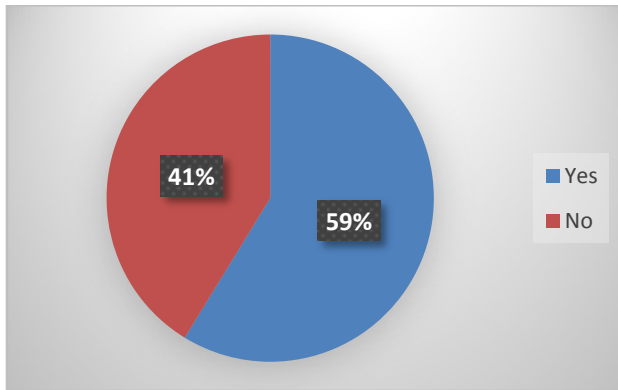


Out of a total of 80 respondents, 45 respondents answered "Yes" to this question, indicating that they have been diagnosed with depression, and 35 respondents answered "No", indicating that they have not been diagnosed with depression.

Have you ever sought treatment for depression? (Select one)

a. Yes

b. No

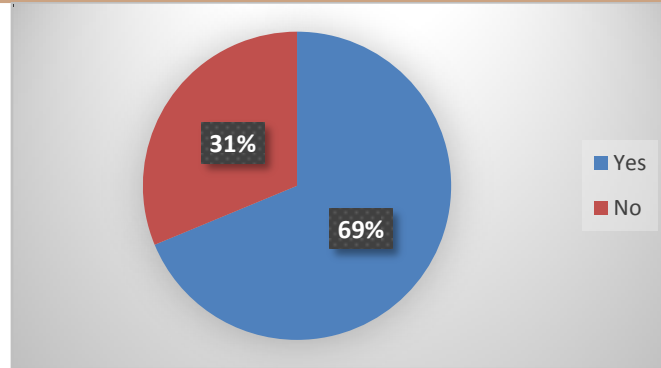


Out of a total of 80 respondents, 47 respondents answered "Yes" to this question, indicating that they have sought treatment for depression, and 33 respondents answered "No", indicating that they have not sought treatment for depression.

Have you ever used drugs or alcohol to cope with depression? (Select one)

a. Yes

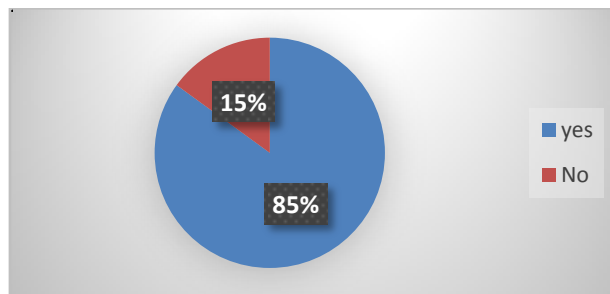
b. No



Out of a total of 80 respondents, 55 respondents answered "Yes" to this question, indicating that they have used drugs or alcohol to cope with depression, and 25 respondents answered "No", indicating that they have not used drugs or alcohol to cope with depression.

Have you ever been diagnosed with a substance use disorder? (Select one)

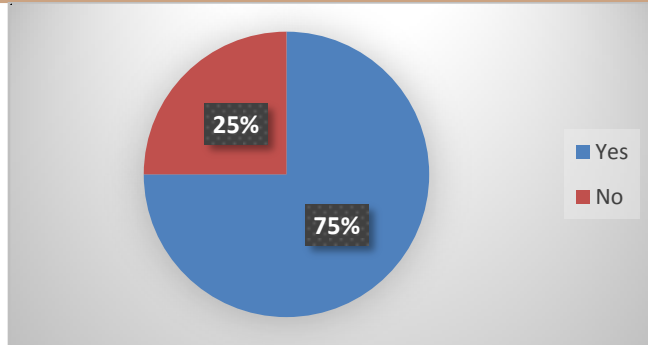
- a. Yes
- b. No



Out of a total of 80 respondents, 68 respondents answered "Yes" to this question, indicating that they have been diagnosed with a substance use disorder, and 12 respondents answered "No", indicating that they have not been diagnosed with a substance use disorder.

Have you ever sought treatment for a substance use disorder? (Select one)

- a. Yes
- b. No



Out of a total of 80 respondents, 60 respondents answered "Yes" to this question, indicating that they have sought treatment for a substance use disorder, and 20 respondents answered "No", indicating that they have not sought treatment for a substance use disorder.

CONCLUSION

In conclusion, the assessment of depression among drug addicts is a critical area of research that requires attention. Depression is a common co-occurring condition among drug addicts, and it can significantly impact treatment outcomes, risk of relapse, and stigma towards individuals with addiction and mental health disorders. The empirical study conducted in this field would aim to assess the prevalence of depression among drug addicts, identify effective assessment methods, and develop integrated treatment approaches that address both conditions concurrently.

The study would utilize a systematic review of the literature and a meta-analytic approach to estimate the prevalence of depression among drug addicts and identify effective assessment methods. A qualitative analysis would also be conducted to identify integrated treatment approaches that have been developed to address both addiction and depression.

The results of this study would provide valuable insights into the prevalence of depression among drug addicts, effective assessment methods, and integrated treatment approaches that can be used to improve treatment outcomes, reduce the risk of relapse, and reduce stigma towards individuals with addiction and mental health disorders. By addressing this critical issue, we can improve the quality of care provided to individuals with addiction and depression, leading to better treatment outcomes and reduced social and economic costs associated with these conditions.

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