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ORIGINAL ARTICLE

Freequency of Depression in Care Givers of Drug Addict

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ABSTRACT

Background: Drug abuse is a substance-related disorder in which a person uses a substance in quantities or ways that are hazardous to them or others. It has been known for some time that humans are susceptible to addiction. Symptoms of depression are particularly common in relatives of drug addicts. So we conducted this study to find the evidence in these case to know the extent of depression in relatives of drug abusers.

Objective: To determine the frequency of depression in relatives of drug abusers presenting in outpatients department

Material & Methods

Study Design: It was cross sectional study

Setting: Department of Psychiatry, Jinnah Hospital, Lahore

Duration: 6 months after approval of synopsis i.e. from: 29-05-2017 to 29-11-2017

Data collection: After meeting the inclusion criteria 100 patients were enrolled. Then patients assessed by using HADS scoring system by researcher herself. If HADS score ≥11, then depression labeled.

Results: The mean age of the patients was 41.33±13.99 years. There were 29 males and 71 female caregivers. About 24(24%) patients were illiterate. In this study the mean HADS score was 7.81±5.86. The depression in relatives of drug abusers was found in 26(26%) patients.

Conclusion: According to this study the frequency of depression in relatives of drug abusers presenting in outpatients department is 26%.

Keywords: Depression, Relatives, Drug Abuser, Hospital anxiety and depression scale, HADS

INTRODUCTION

Addiction has been in human societies for a very long time. Every year, a growing number of people take their livestock, despite the undeniable scientific breakthroughs and rising public awareness. Addiction is not only a personal issue, but also a social one and a threat to one's physical and emotional well-being as well. Social and economic components of society are also negatively affected.[1] All of the elements are chemicals that alter brain function, resulting in excitement, depression, strange conduct, aggression, or impaired judgement and wisdom.[1, 2]

A great deal of literature has been written about the collective and/or individual consequences of drug addiction on society, whereas collectively the family is the first to be affected in their functional and organisational dynamic. Study after study has revealed that drug dependent people's families are presented with conditions that cause conflict and deterioration in their interpersonal relationships as a result of their drug usage.[3]

One study conducted in Brazil showed that frequency of depression among relatives of drug abusers was found to be 23.8%.[4] Another study conducted in Brazil showed that frequency of depression among relatives of drug abusers was found to be 23.9%.[5] But one study conducted in Baltimore showed that frequency of depression among relatives of drug abusers was found to be 32.7%.[6]

Rationale of this study is to determine the frequency of depression in relatives of drug abusers presenting in outpatients department. Literature has showed that the frequency of depression among relatives of drug abusers is common. But the data regarding incidence of depression among relatives of drug abusers in local population is not available. So we want to conduct this study. This will help us to recommend the screening of depression among relatives of drug abusers. So that they may be helped on time to get relieve from depression as well as they will get motivation to manage the drug abuser. This will help us to obtained magnitude in local population and will also help us to improve our practice and update guidelines for management of relative of drug abusers with depression.

Objective: To determine the frequency of depression in relatives of drug abusers presenting in outpatients department

MATERIAL AND METHODS

Study Design: Cross sectional study

Setting: Department of Psychiatry, Jinnah Hospital, Lahore

Duration of Study: 6 months i.e. May 2017 to November 2017

Sample Size: Sample size of 100 patients were calculated with 95% confidence level, 8.5% margin of error and taking expected percentage of depression i.e. 23.9% among relatives of drug abusers.(4)

Sampling Technique: Non-probability consecutive sampling.

Sample Selection

Inclusion Criteria: Relative (father, mother, sister, brother, wife, or children >18 years old) taking care of drug abuser from last 6 months) who had age range 19 to 70 years, both genders presenting with drug abuser and taking care of drug abuser. Drug Abusers is a person using narcotics either through injections or taking it oral for at least 6 months.

Exclusion Criteria: Relatives with psychotic symptoms (schizophrenic, OCD) and on medical treatment were not included in the study

Data Collection Procedure: 100 candidates meeting the inclusion criteria were selected from the OPD. Informed consent was obtained. The demographic data including name, age, sex, relation with drug abuser, duration of drug abuse and type of drug abuse was noted. Then relative were assessed by using HADS scoring system by researcher. If HADS score was ≥11, then depression was labeled. All this information was recorded through proforma. Patients of depression was given treatment as per hospital protocol.

Data Analysis: Data was entered and analyzed through SPSS version 21. Age, and duration of drug abuse were presented as mean and standard deviation. Gender, relation with drug abuser, education of relative, socioeconomic status and depression was presented as frequency and percentage.

RESULTS

The mean age of all candidates was 41.33±13.99 years. In our study the 29 (29%) candidates were males and 71 (71%) candidates were females. Male to female ratio of the candidates was 0.41:1. According to this study 51 (51%) candidates belong to

low SES, 40 (40%) belong to middle SES and 9 (9%) belong to high SES. The 24 (24%) candidates were illiterate, 34 (34%) candidates had matriculation or below education and 42 (42%) candidates had graduate or above education. The 15 (15%) candidates had brother relationship with drug abuser, 14 (14%) candidates were father, 17 (17%) candidates were mothers, 19 (19%) candidates had sister relationship and 35 (35%) candidates were wives. The mean duration of drug abuse of the candidates was 5.47±2.90 months. Table 1

In this study the mean HADS score of the candidates was 7.81±5.86 with minimum and maximum values of 1 & 21 respectively. Table 2

According to this study the depression in relatives of drug abusers was found in 26(26%) candidates. **Fig 1**

The study results showed that the candidates with age ≤ 30 years were 31 in which depression in relatives of drug abusers was found in 7 cases, similarly the candidates with age >30 years were 69 in which depression in relatives of drug abusers was found in 19 cases (p-value=0.601). The male candidates were 29 in which depression in relatives of drug abusers was found in 8 cases, similarly the female candidates were 29 in which depression in relatives of drug abusers was found in 18 cases (pvalue=0.817). The low SES candidates were 51 in which depression in relatives of drug abusers was found in 10 cases, the middle SES candidates were 40 in which depression in relatives of drug abusers was found in 12 cases, similarly the candidates high SES were 09 in which depression in relatives of drug abusers was found in 04 cases. Statistically insignificant difference found between the depression and SES of the candidates i. e p-value=0.086. The illiterate candidates were 24 in which depression in relatives of drug abusers was found in 7 cases, similarly the literate candidates were 76 in which depression in relatives of drug abusers was found in 19 cases (p-value=0.685). The candidates with duration of drug ≤5 months were 48 in which depression in relatives of drug abusers was found in 13 cases, similarly the candidates with duration of drug abuse > 5 months were 48 in which depression in relatives of drug abusers was found in 13 cases (p-value=0.812). According to this study there is insignificant difference found in depression and relationship with drug abusers i.e. p-value=0.451. Table 3

Table 1: Demographics of relatives of drug abusers

n	100
Age (years)	41.33 ± 13.99
Gender	
Male	29 (29%)
Female	71 (71%)
Socioeconomic status	
Low	51 (51.0%)
Middle	40 (40.0%)
High	9 (9.0%)
Education	
Illiterate	24 (24.0%)
Matric or below	34 (34.0%)
Graduate or above	42 (42.0%)
Relation with drug abuser	
Brother	15 (15.0%)
Father	14 (14.0%)
Mother	17 (17.0%)
Sister	19 (19.0%)
Wife	35 (35.0%)
Duration of drug abuse	5.47 ± 2.90

Table 2: Psychiatric examination of relative of drug abuser by using HADS scale

HADS	n	100
	Mean	7.81
	Standard Deviation	5.86
	Minimum	1
	Maximum	21

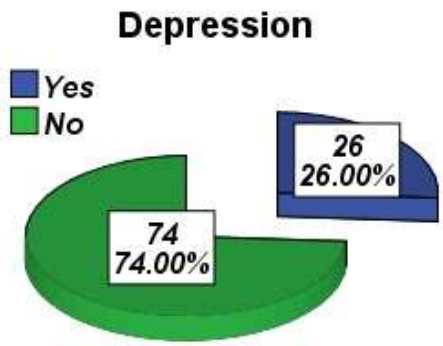

Fig 1: Frequency distribution of depression in relatives of drug abusers

Table 3: Comparison of depression in relatives of drug abusers stratified by effect modifiers

		Depression		Total	p-value
		Yes	No		
Age (years)	≤ 30	7	24	31	0.601
	> 30	19	50	69	
Gender	Male	8	21	29	0.817
	Female	18	53	71	
SES	Low	10	41	51	0.086
	Middle	12	28	40	
	High	4	5	9	
Education	Illiterate	7	17	24	0.685
	Literate	19	57	76	
Duration of drug Abuse (months)	≤5	13	35	48	0.812
	>5	13	39	52	
Relation with drug abuser	Brother	6	9	15	0.451
	Father	2	12	14	
	Mother	6	11	17	
	Sister	4	15	19	
	Wife	8	27	35	

DISCUSSION

Depression is the terrifying mental disorder, which can lead a person to feel lost, lonely or scared. Anguish, loneliness, and fear are all symptoms of depression, a debilitating mental condition. Substance abusers' families are more likely to be affected by the disease. Male offspring of fathers with substance abuse disorders may experience internal or external manifestations of the condition. In addition, children in households with parents who abuse alcohol, opium, and heroin are at greater risk than children in families without parents who abuse substances. [7-10]

In our study the mean HADS score of the patients was 7.81 ± 5.86. In this study the depression in relatives of drug abusers was found in 26 (26%) patients. One research on quality of life including the families of people who are drug abusers, who were diagnosed under the criteria of ICD-10 were found depressed (23% case). [11] This finding was very close as we observed in our study. Another study, conducted in Brazil, showed that frequency of depression among relatives of drug abusers was found to be 23.8%.[4] Another study conducted in Brazil showed that frequency of depression among relatives of drug abusers was found to be 23.9%.[5] One more study conducted in Baltimore showed that frequency of depression among relatives of drug abusers was found to be 32.7%.[6]

It's worth noting that these numbers are slightly lower when compared to reports of caregivers helping individuals with dementia.[12, 13] It has been observed that between 30 and 55 percent of caregivers are affected by depression. [14] In a study of drug addicts' families, 58% of the wives were at increased risk of developing mental problems, and there was a higher frequency of

physical assaults, family deaths, and interaction with the police.[15] In a study of caregivers for psychiatric patients, 80.0 percent of the caregivers were women.[16]

To determine if Substance Use Disorders and Psychological Disorders in Family Members are related, Solati et al., undertook a study. They found that depression (40.5 percent) was the most common disorder, followed by generalized anxiety disorder (21 percent), mild interpersonal and children's behavioural difficulties (15 percent), and hysteria (8 percent). According to the results of the study, depression, hysteria, minor interpersonal, and children's behavioural difficulties were reported by 48 percent of women vs 20 percent of men in the study. Substance abusers in the patients' wives and children, as well as in their families, showed a substantial connection with gender, marital status, and occupation, but not place of residence and educational level.[17]

An earlier study of caregivers who had been exposed to HIV found that 50.0 percent had depressed symptoms, compared to only 20.0 percent in this study.[18] Similarly, a study of alcohol-dependent men's wives found a high prevalence of psychological symptoms (70.9 percent), followed by physical symptoms (19.3 percent) and physical and psychological symptoms together (3.2 percent). These findings indicate that the participants were more psychologically vulnerable.[19]

First-degree relatives with alcoholism and affective disorder were found to have a high correlation with similar psychopathology in the probands, according to Mirin et al. About half the patients in the study who were hospitalized for drug addiction or dependence also met DSM-III criteria for alcohol abuse or dependence, and about a third matched DSM-III criteria for another axis I mental disease. [20]

An increased sense of alienation may be the cause of the disagreement between caregiver and recipient, as well as increased depression for both parties as a result of this perceived internalized stigma.[21] Depression in relatives of drug users was found in seven cases (p-value=0.601) among the patients aged 30 years, and 19 cases (pvalue=0.601) among the patients aged >30 years (p-value=0.601). Similarly stratifying by gender male patients were 29 in which depression in relatives of drug abusers was found in 8 cases, similarly the female patients were 29 in which depression in relatives of drug abusers was found in 18 cases (p-value=0.817).

CONCLUSION

According to this study the frequency of depression in relatives of drug abusers presenting in outpatients department is 26%. Thus we have got the local evidence and found that depression among relatives of drug abusers is not negligible. Now in future, we will recommend the screening of relatives of drug abusers for depression. So that they may be helped on time to get relieve from depression as well as they will get motivation to manage the drug abuser.

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