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PSYCHIATRIC COMORBIDITY IN PATIENTS WITH SUBSTANCE DEPENDENCE-SOCIO DEMOGRAPHIC & RELATIONSHIP CHARACTERISTICSABDUL MAJID GANIA MD

A.M. Gania

GOVT Medical College Srinagar, Srinagar, India

Kashmir has observed increase in number of Substance dependence (SD) patients due to various factors like easy availability of drugs, drugs smuggled across border, but most importantly present disturbed conditions for last two decades. Drug use appears to have an important role in etiology and vulnerability to development of psychiatric disorders and vice versa. After DSM IV allowed the clinicians to give multiple diagnosis when different syndromes occur together in one episode of illness, the issue of comorbidity has assumed central stage. A methodical, staged screening and assessment can ease the diagnostic challenge of distinguishing the symptoms of psychiatric disorders from manifestations of substance intoxication and withdrawal. This study was carried out on total of 300 substance dependence patients who were screened for psychiatric disorders by DSM IV based MINI Plus interview. The study revealed that 58% (n=174) had psychiatric comorbidity, with most number of patients between 18-38years age group 87.35% (n=133) and males (n=166) were involved more than females. Unmarried / divorced/ widows had higher (70.48%) Comorbid diagnosis. Unemployed & those associated with tourism transport trade were more commonly involved as were those who developed this comorbid diagnosis due to peer group pressure & after traumatic stress. Those who were using cannabis, Opioids, multiple substances had higher chances of having an associated disorder. Commonly associated psychiatric disorders in these dually diagnosed patients were psychotic disorders (33.90%), mood disorders (32.18%) & post traumatic stress disorders (PTSD) in 11.49 %.