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**Dr. K Kavitha Maheswari**  
Assistant Professor, P.G &  
Research Department of Social  
Work, Shrimati Indira Gandhi  
College, Tiruchirappalli, Tamil  
Nadu, India

**R Praveena**  
M.Phil., Scholar P.G &  
Research Department of Social  
Work, Shrimati Indira Gandhi  
College, Tiruchirappalli, Tamil  
Nadu, India

## Depression, anxiety and stress among patients undergoing de-addiction treatment

**Dr. K Kavitha Maheswari and R Praveena**

### Abstract

The study on depression, anxiety and stress among patients undergoing de addiction treatment aimed to know the socio-demographic conditions of the respondents and their addiction details and to assess their level of depression, anxiety and stress. The study was conducted at a voluntary de-addiction centre located in Madurai. The universe of this study was the alcohol and drug users. The researcher used convenient sampling to select the respondents from the infinite universe. Totally 60 respondents were selected by convenient non random sampling method from the universe. The researcher has collected data with the help of self-prepared questionnaire along with a standardized tool on ADSS- Anxiety, Depression and Stress Scale. The findings of this study revealed that more than half of the respondents perceived high level of depression, stress and anxiety. With regard to the dimension of depression, exactly 3/5<sup>th</sup> of the respondents had high level of depression, 63.3% of the respondents perceived high level of anxiety and 58.3% of the respondents had high level of stress.

**Keywords:** Patients, de- addiction, depression, anxiety and stress

### Introduction

Drug addiction and alcoholism have co-occurring disorders; both the mental health issue and the drug or alcohol addiction have their unique symptoms that may disturb the ability to function at work and home life also to handle life's difficulties. When a mental health problem goes untreated, the substance abuse problem usually gets worse. And when increase of alcohol or drug abuse, mental health problems usually increase too. Co-occurring substance abuse problems and mental health issues are more common than many people originally realize. According to reports published in the Journal of the American Medical Association:

- Roughly 50 percent of individuals with severe mental disorders are affected by substance abuse and drug addiction.
- 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental health issues.
- Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drug addicts.

While substance abuse problems and mental health issues will become worse when they are ignored.

People often abuse alcohol or drugs to ease and feel the comfort from the symptoms of an undiagnosed mental disorder, to cope with difficult emotional situations, or to temporarily change their mood mind set. But unfortunately, abusing substances causes side effects and in the long run often worsens the symptoms which initially helped them to relieve.

Mental health problems are caused by a complex interplay of genetics, the environment, and other outside factors. Abusing alcohol or illegal or prescription drugs may worsen the mental disorders, for example, certain abusers of marijuana have an increased risk of psychosis while those who abuse opioid painkillers are at greater risk for depression. Drug abuse may increase symptoms of mental illness or even trigger more and new symptoms.

The alcoholism and drug abuse may lead to mental health issues like depression and anxiety and stress. Depression has the symptoms like feelings of helplessness and hopelessness, loss of interest in daily activities, inability to experience pleasure, appetite or weight changes, sleep changes, loss of energy, strong feelings of worthlessness or guilt, concentration problems and anger, physical pain, and reckless behavior (especially in men).

### Correspondence

**Dr. K Kavitha Maheswari**  
Assistant Professor, P.G &  
Research Department of Social  
Work, Shrimati Indira Gandhi  
College, Tiruchirappalli, Tamil  
Nadu, India

The symptoms of anxiety include, excessive tension and worry, feeling restless or jumpy, irritability or feeling “on edge”, racing heart or shortness of breath, nausea, trembling, or dizziness, muscle tension, headaches, trouble concentrating and insomnia

Anxiety (which includes trauma): 25% of alcohol dependent individuals and 40% of drug dependent individuals also have an anxiety diagnosis (Grant, Hasin, Stinson, Dawson, *et al.*, 2005).

- Anxiety
- Trauma

**Mood disorders (which include depression and bipolar disorder):** 25% of alcohol dependent individuals and 50% of drug dependent individuals also have a mood disorder diagnosis (Grant, *et al.*, 2005).

- Depression
- Bipolar disorder

**Personality disorder:** 50% of alcohol dependent individuals and 70% of drug dependent individuals also have a personality disorder diagnosis (Grant, *et al.*, 2005).

**ADHD:** 15-25% of adults with alcohol and drug use disorders also have an ADHD (attention deficit hyperactivity disorder, Wilens, 2006).

Wani MA, Sankar R (2016) <sup>[7]</sup> explored the impact of drug addiction on mental health.

The results revealed that age and gender have significant effect on mental health of drug addicts. Also adults and female addicts show better mental health than adolescents and male addicts. The obtained F ratio was found significant at 0.01 level of significance.

Many people who are addicted to drugs are also diagnosed with mental health problems and vice versa. Compared with the general population, people those who are addicted to drugs are roughly twice as likely to suffer from mental health problems like mood and anxiety disorders, with the reverse also sometimes true. In 2015, an estimated 43.4 million (17.9 percent) adults ages 18 and older experienced some form of mental health problems. Of these, 8.1 million had both the substance use disorder and another mental illness. Although substance use disorders commonly occur with other mental illnesses and its related problems.

K.K. Maheswari (2014) <sup>[2]</sup> conducted a study on marital life of alcoholics and found that their stability of mental health affected due to the long span of alcoholic addiction disturb their marital life. All spheres of life of addicts get disturbed due to addiction.

alcoholism and drug addiction has impact on the well-being of the children of addicts, a study conducted by K.K. Maheswari (2017) <sup>[1]</sup> found that the adolescents those who are having alcoholic and drug addicts are affected with special reference to their subjective well-being, they are affected psychologically, socially and economically due to their alcoholic fathers. Hence drug addiction and alcoholism not only affects the mental health of the addicts but also their children.

## Materials and methods

### Objectives

To know the socio-demographic conditions of the respondents and their addiction details.

To assess the respondents' level of depression, anxiety and stress.

To examine the influence of socio-demographic conditions on depression, anxiety and stress of the respondents.

### Universe

The study was conducted at a voluntary de-addiction centre located in Madurai. The universe of this study was the alcohol and drug users. They universe of this study is infinite in nature. The study was conducted between April 2018 to June 2018.

### Sampling technique

The researcher used convenient sampling to select the respondents from the infinite universe. Totally 60 respondents were selected by convenient non random sampling method from the universe.

### Inclusive criteria

All the male patients addicted to drugs of any kind and alcohol and undergoing de addiction treatment at the Madurai based voluntary organization working for de addiction management.

### Tools of data collection

The researcher has collected data with the help of self-prepared questionnaire along with a standardized tool on ADSS- Anxiety, Depression and Stress Scale developed by Pallavi Bhatnagar *et al.*, of department of psychology, Lucknow University.

The reliability of the total scale is measured by Cronbach's alpha and Spearman Brown coefficient found, 0.81 and 0.89 respectively. The obtained reliability for anxiety, depression and stress subscales as measured b Cronbach's alpha and Spearman Brown are 0.76, 0.75, 0.61 and 0.86, 0.86 and 0.76 respectively.

### Conceptual definitions

#### Depression

Depression is a major depressive disorder which is a common and serious medical illness that negatively affects how people think and act. It is treatable. Depression causes fallings of sadness and lead to loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problem and can decrease a person's ability to function at work and at home.

#### Anxiety

The American psychological association defines anxiety as an emotion characterized by feelings of tension, worried through and physical change like increased blood pressure.

#### Stress

Stress is body's way of responding to any kind of demand or threat when we sense danger whether it is real or imagined, the body's defenses kick into high gear in a rapid automatic process known as the fight to flight reaction or the stress response.

### Pilot study and pre test

In order to find out the possibility of carrying out the study the research has visited the voluntary organisation in Madurai district. The researcher et the managing director of the organization and explained the aim of the research and

got permission for data collection. The pilot study helped the researcher to know the feasibility of conducting the research in the selected de addiction centre.

The researcher conducted pretest with 5 respondents, there was no specific changes taken place in the questionnaire, hence the pre tested respondents were included in the sample.

**Findings and discussion**

**Findings on personal data**

Almost all the respondents are in the economically productive age. A vast majority of the respondents are living with their family and the others are staying away from their

families due to various reasons. Nearly 75% of the respondents consume drugs and alcohol for more than six years and they also consume excessive drugs for about one year.

61.7% of the respondents consume alcohol, 23.3% of them use drugs like ganja and 15% of the respondents consume both. More than half of the respondents underwent de addiction treatment before. 75% of the respondents use both physical and verbal violence and having quarrel with their own family members and neighbors as well.

**Findings on depression, anxiety and stress among the respondents**

**Table 1:** Distribution of respondents according to their depression, anxiety and stress

S. No	Psychological problems	No. of respondents	Percentage
1.	<b>Depression</b>		
	Low	24	40
	High	36	60
2.	<b>Anxiety</b>		
	Low	22	36.7
	High	38	63.3
3.	<b>Stress</b>		
	Low	25	41.7
	High	35	58.3

It is inferred from the above table that more than half of the respondents perceived high level of depression, stress and anxiety. With regard to the dimension of depression, exactly 3/5<sup>th</sup> of the respondents had high level of depression, 63.3% of the respondents perceived high level of anxiety and 58.3% of the respondents had high level of stress.

**Findings on influence of marital life with regard to depression, anxiety and stress**

It is found from the analysis of variance between the marital status with regard to their psychological problems, there are no significant difference between the marital status of the respondents with regard to their depression(F=0.485, P>0.05), anxiety (F=0.244, P>0.05) and stress (F= 1.384, P>0.05).

**Findings on influence of living status on depression, anxiety and stress**

Z test was applied to check the influence of living status of

the respondents with respect to their psychological problems namely depression, anxiety and stress. It was found out that there are no significant difference between the living status of the respondents with regard to their depression (z=0.510, P>0.05), anxiety (z=0.883, P>0.05) and stress (z=0.902, P>0.05). The mean score analysis revealed that the respondents who are not living with their families and staying alone perceived higher level of depression, anxiety and stress.

**Findings on impact of type of drug on their depression, anxiety and stress**

It was revealed from the analysis that there is no influence of type of drugs on the depression, anxiety and stress among the respondents.

**Findings on relationship between span of addiction and the respondents' depression, anxiety and stress**

**Table 2:** Karl Pearson's Co-efficient of correlation between the respondents' years of addiction and their psychological problems.

S. NO	Span of addiction	Correlation value	Statistical inference
1	Depression	-0.016	P>0.05, Not significant
2	Anxiety	-0.154	P>0.05, Not significant
3	Stress	-0.136	P>0.05, Not significant

It is understood from the above table that there is no significant relationship between the respondents' number of years of addiction to drugs and alcohol and their depression, anxiety and stress.

**Suggestion**

The respondents should be psychologically prepared well along with the family support for de addiction treatment. They may also join in alcoholic anonymous groups so that they make the process of de addiction easy. Proper psychological counseling, advice and support may be of use to the respondents. Health education on food and nutrition,

healthy balanced diet, rest, timely sleep, useful recreation are very useful to make the treatment process effective. The respondents also advised to spend quality time with their family and the significant others for mental diversion.

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