

Comorbid substance use and major depression: Disability and risk of suicide in a nationally representative sample.

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Outline

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Introduction

- Studies have shown that comorbid major depressive disorder (MDD) and substance use disorders (SUDs)
- are associated with a wide range of negative outcomes
- Such as lower quality of life, greater suicide risk, greater rates of disability

Introduction cont'd

- Most studies use patients samples which tend to have
- Stronger associations than in the general population
- the treatment samples are often biased by the increased help seeking behavior of individuals with comorbid, more severe and protracted mental health disorders

Objective

- To examine the degree of disability
- and risk of suicide

associated with comorbid diagnosis of major depression and SUDs (alcohol use disorders (AUD), cannabis use disorders (CUD), other drugs excluding cannabis use disorders (DUD)) in a nationally representative sample.

Methods

- Data came from the Canadian Community Health Survey (CCHS) – Mental Health Component, 2012.
- A cross sectional survey of individuals ($n = 25,113$) aged 15 years and older living in the ten Canadian provinces between January and December, 2012.

Methods cont'd

- Diagnoses of major depressive episode, alcohol, drugs (excluding cannabis) and cannabis abuse or dependence, and suicide risk
- were based on WHO-CIDI-3.0 derived from DSM-IV diagnostic criteria.
- Disability was assessed using WHO Disability Assessment Schedule Score 2.0 (WHODAS 2.0)
 - a generic assessment instrument for health and disability in adult populations.

Methods cont'd

Statistical Analysis

- Three models (alcohol and depression, cannabis and depression, other drugs excluding cannabis and depression)
- were examined for both suicide ideation and disability.

Methods cont'd

- In each model, participants with neither diagnosis ('No diagnosis') were the reference category and were compared with single diagnoses and co-morbid diagnoses
- Analysis was done using multilevel mixed effects logistics regression in Stata 14 using the province of residence as the group variable
- Survey design effects were accounted for using survey weights.

Results

Participants characteristics

fig.1: Age

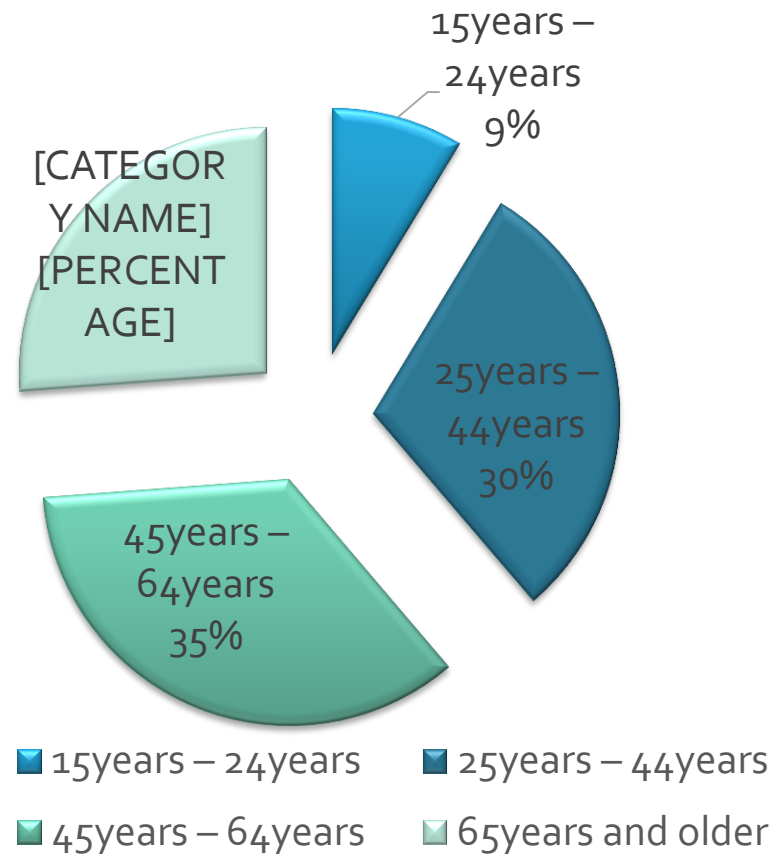
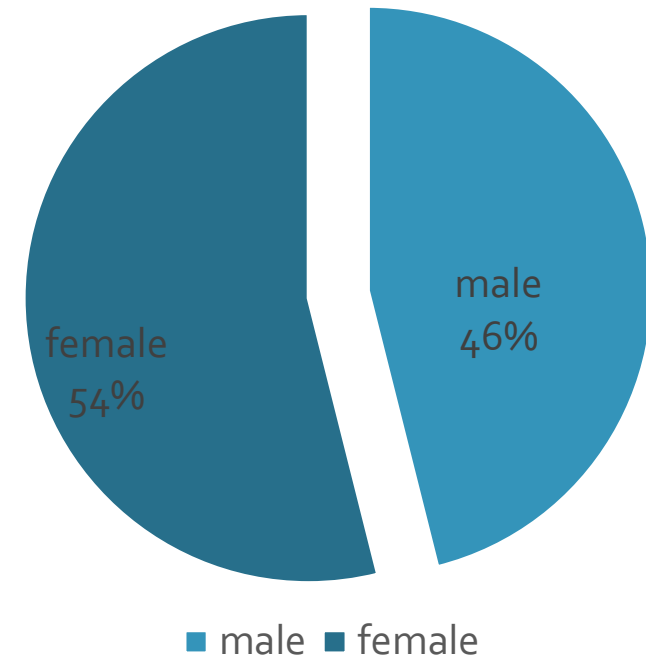
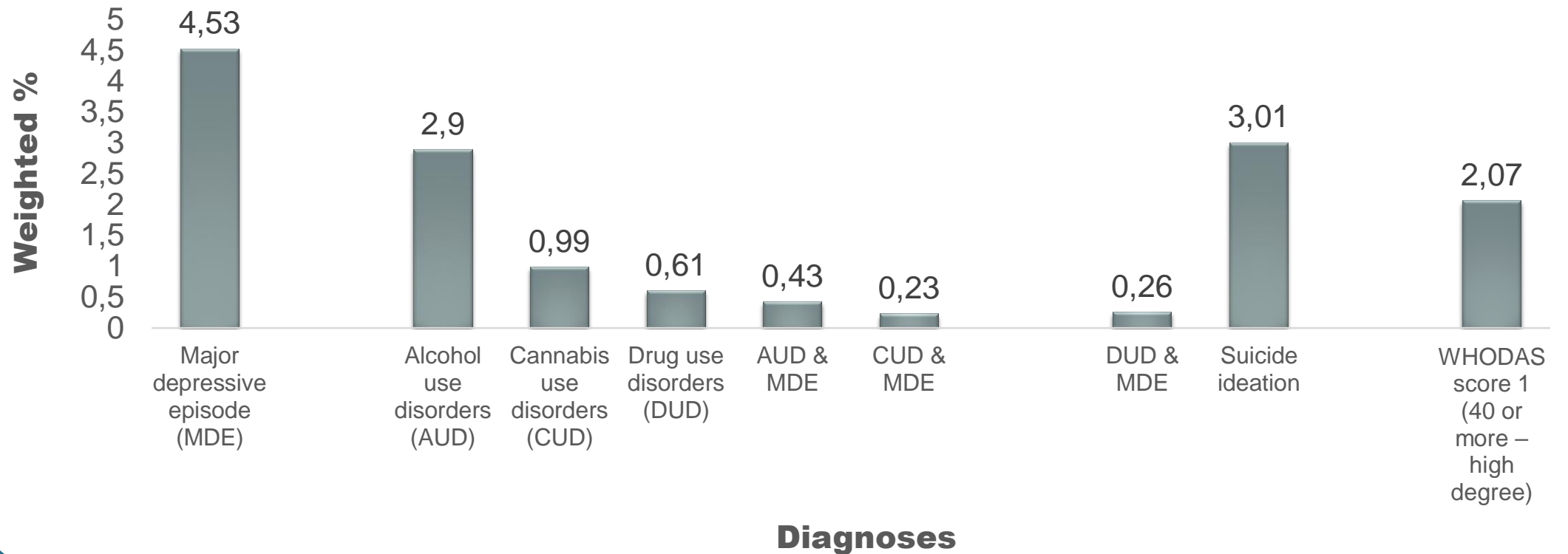


fig.2: gender



Results cont'd

Prevalence of 12-months DSM IV diagnoses and WHODAS score



Results cont'd

TABLE 1: RELATIONSHIP BETWEEN DSM IV DIAGNOSES AND DISABILITY

	OR (95% CI)	
	crude	#Adjusted
Alcohol and major depression (model 1)		
AUD without depression	0.44 (0.19-1.03)	0.48 (0.22-1.04)
Depression without AUD	10.94 (7.85-15.25)	8.28 (6.38-10.74)
AUD and depression	3.68 (1.30-10.42)	2.99 (1.51-5.91)
Neither AUD nor depression	1	1
Cannabis and major depression (model 2)		
CUD without depression	5.12 (1.19-21.98)	9.08 (1.34-61.53)
Depression without CUD	11.15 (7.78-15.95)	9.13 (6.89-12.09)
CUD and depression	2.54 (0.19-33.13)	4.79 (0.53-43.00)
Neither CUD nor depression	1	1
Drugs (Ex. Can and major depression (model 3)		
DUD without depression	4.86 (2.69-8.77)	5.84 (2.26-15.11)
Depression without DUD	10.36 (7.76-13.83)	8.29 (6.44-10.69)
DUD and depression	11.95 (2.05-69.56)	10.39 (3.35-32.21)
Neither DUD nor depression	1	1

Significant values are in bold

#Adjusted for age, sex, marital status, household income, smoking status, BMI, no of childhood abuses, personal and family history of mental health disorders.

Results cont'd

TABLE 2: DSM IV DIAGNOSES AND THE RISK OF SUICIDE

	OR (95% CI)	
	crude	#Adjusted
Alcohol and major depression (model 1)		
AUD without depression	2.21 (1.29-3.79)	0.87 (0.51-1.48)
Depression without AUD	8.90 (5.72-14.12)	2.49 (1.78-3.48)
AUD and depression	21.54 (16.07-28.88)	5.69 (3.39-9.56)
Neither AUD nor depression	1	1
Cannabis and major depression (model 2)		
CUD without depression	3.43 (1.47-7.95)	1.14 (0.58-2.25)
Depression without CUD	9.66 (5.99-15.59)	2.73 (1.97-3.79)
CUD and depression	8.52 (3.22-22.55)	2.68 (1.06-6.80)
Neither CUD nor depression	1	1
Drugs (Ex. Can and major depression (model 3)		
DUD without depression	4.05 (2.25-7.28)	1.39 (0.69-2.82)
Depression without DUD	9.06 (5.87-13.98)	2.65 (1.94-3.60)
DUD and depression	23.59 (12.89-43.18)	4.94 (1.84-13.31)
Neither DUD nor depression	1	1

Significant values are in bold

#Adjusted for age, sex, marital status, household income, smoking status, BMI, no of childhood abuses, personal and family history of mental health disorders.

Major findings

- Comorbid diagnosis of MDE and DUD had significantly higher disability than the diagnosis of MDE or DUD only.
- Comorbid diagnoses of substance use disorders and major depression were 2 to 5 times more likely to have suicide ideation compared to 'No diagnosis'
- Substance use disorders only were not associated with increased risk for suicide

Conclusion

- Comorbid diagnosis of SUD and MDE seem to be associated with increased disability and risk for suicide.
- Effective integration between addiction and mental health services would improve client outcomes.

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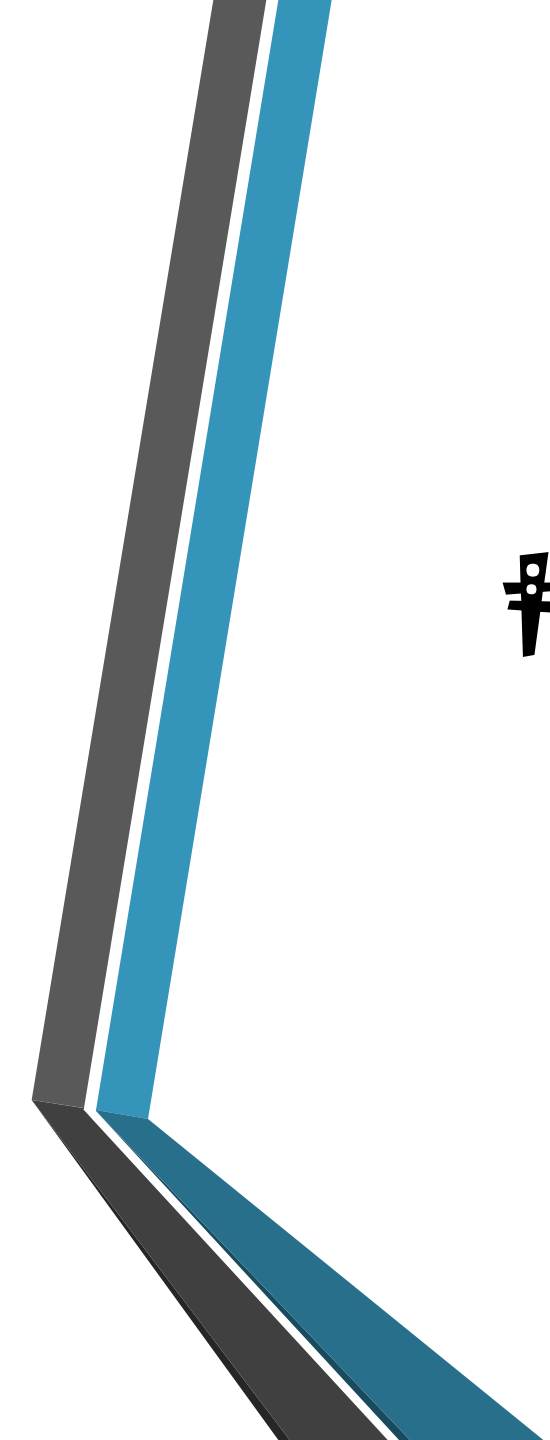
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thank you for listening