



## **Substance Abuse - Dual Diagnosis**

### **What is Dual Diagnosis?**

A person who has both an alcohol or drug problem and an emotional/psychiatric problem is said to have a dual diagnosis. To recover fully, the person needs treatment for both problems.

### **How Common Is Dual Diagnosis?**

Dual diagnosis is more common than you might imagine. According to a report published by the *Journal of the American Medical Association*:

- Thirty-seven percent of alcohol abusers and fifty-three percent of drug abusers also have at least one serious mental illness.
- Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drugs.

### **What Kind of Mental or Emotional Problems are Seen in People with Dual Diagnosis?**

The following psychiatric problems are common to occur in dual diagnosis - i.e., in tandem with alcohol or drug dependency.

- Depressive disorders, such as depression and bipolar disorder.
- Anxiety disorders, including generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, and phobias.
- Other psychiatric disorders, such as schizophrenia and personality disorders.

The following table based on a National Institute of Mental Health study lists seven major psychiatric disorders and shows how much each one increases an individual's risk for substance abuse.

<u><b>Psychiatric Disorder</b></u>	<u><b>Increased Risk For Substance Abuse</b></u>
Antisocial personality disorder	15.5%
Manic episode	14.5
Schizophrenia	10.1
Panic disorder	4.3
Major depressive episode	4.1
Obsessive-compulsive disorder	3.4
Phobias	2.4

**Information compiled by Mental Health America**