

To assess the quality of life as outcome measure in the opioid and alcohol dependant treatment seeking men at tertiary care de-addiction centre in India.

Dr. Gurmeet Kaur Brar Associate Professor

(Department of Psychiatry) Adesh Institute of Medical Sciences and Research, Bathinda

Introduction and aims

As per the United Nations World Drug Report (2015), there is rise of estimated number of drug users globally since last 10 years and in India specially Punjab drug addiction has reached epidemic state.^[1] As Quality of life is an important parameter for measuring outcome in chronic illnesses, there is dearth of studies on it in Northern India especially in Punjab in comparison to other substances.^[2] This study aimed to compare the quality of life in men dependent on alcohol or opioids with that of their relatives at tertiary care drug de-addiction centre in Punjab”

Methods

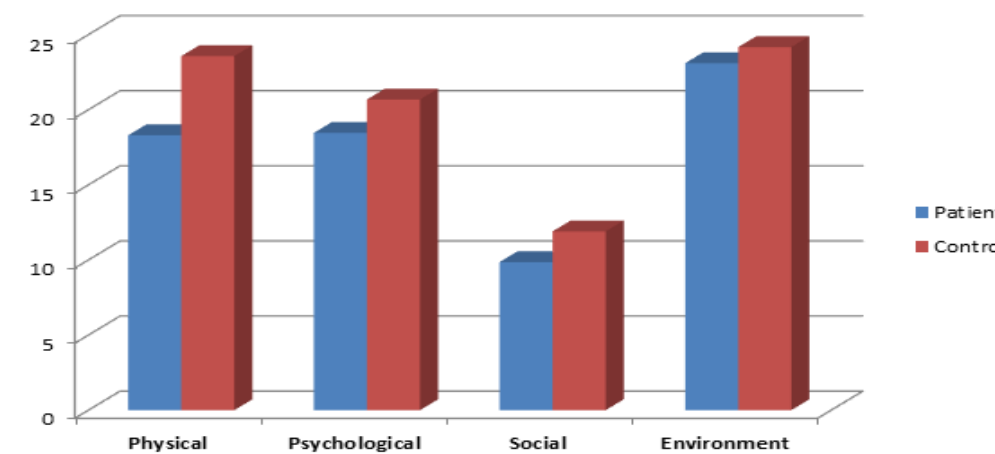
The present cross-sectional study compared 100 alcohol- and opioid dependent men each with 100 controls who were healthy male volunteers from first and second degree relatives of the patient who were not substance users. Quality of life was measured using WHO-QOL-BREF after screening of patients using DAST and MAST. Linear regression analysis was performed to control for variation across the three groups.

Results

Quality of life was found to be significantly poorer in physical, psychological and social domains in both alcohol- and opioid-dependent men as compared to that of their relatives ($p < 0.001$) with no significant differences in other domains. Linear regression models doesnot revealed alcohol and opioid dependence as independent predictors of physical, psychological and environmental domains of quality of life.

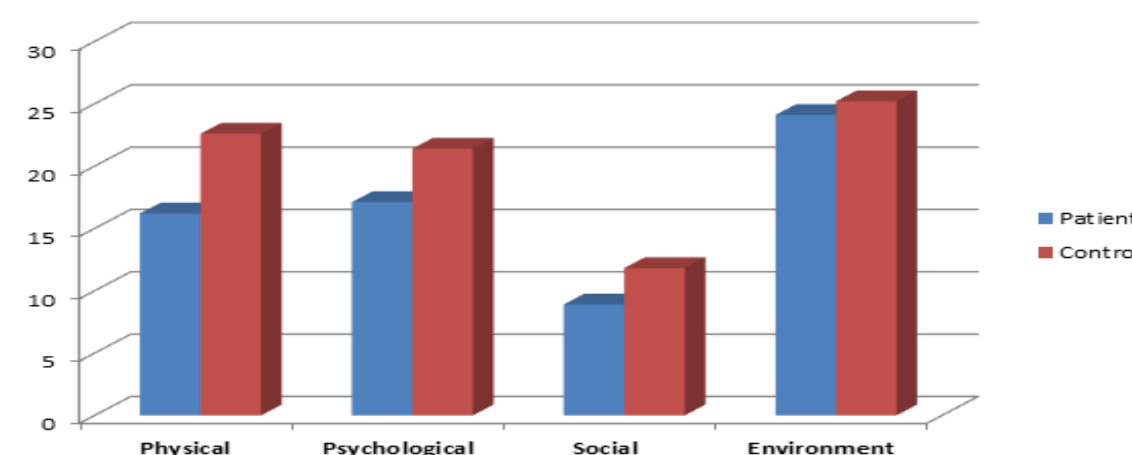
Domain scores of the WHOQoL-BREF (n=100) in alcohol dependent patients compared with healthy controls (n=100) using independent sample t-test

DOMAIN ALCOHOL DEPENDANCE	PATIENTS (N=100)	SD	HEALTHY CONTROL (N=100)	SD	T	Df	P VALUE
	MEAN (±SD)		MEAN (±SD)				
Physical	18.3	5.2	23.57	3.12	-8.690361	198	0.001
Psychological	18.43	4.11	20.68	4.23	-3.8149295	198	0.001
Social Relations	9.86	3.8	11.9	3.4	-4.0007692	198	0.001
Environment	23.1	4.65	24.17	3.45	-1.847989	198	0.09



Domain scores of the WHOQoL-BREF (n=58) in opioid dependent patients compared with healthy controls (n=100) using independent sample t-test

DOMAIN OPIOID DEPENDANCE	PATIENTS (N=100)	SD	HEALTHY CONTROL (N=100)	SD	T	Df	P VALUE
	MEAN (±SD)		MEAN (±SD)				
Physical	16.2	4.39	22.6	3.07	-11.947079	198	0.001
Psychological	17.11	4.78	21.4	4.11	-6.8051959	198	0.001
Social Relations	8.9	3.07	11.82	3.12	-6.6710321	198	0.001
Environment	24.1	5.01	25.2	4.8	-1.5854012	198	0.16



Discussion

As seen in the previous studies using a variety of parameters to measure QoL, our study elicited substantial impairment in QoL in all the domain scores in alcohol dependent patients before treatment initiation.^[3] The domain scores on WHOQoL scale were substantially lower in patients with alcohol dependence as compared to healthy controls, which was also observed in another Indian study by Pal et al.^[4] In opiod users also quality of life correlates were found to be lower in literature review by Maeyer et al.^[5]

Conclusions

Physical, psychological and social domains of quality of life are poorer in alcohol- and opioid-dependent men as compared to their relatives.

Bibliography

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