

# Addiction Therapy-2014

Chicago, USA

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Sarah E. Cavanaugh

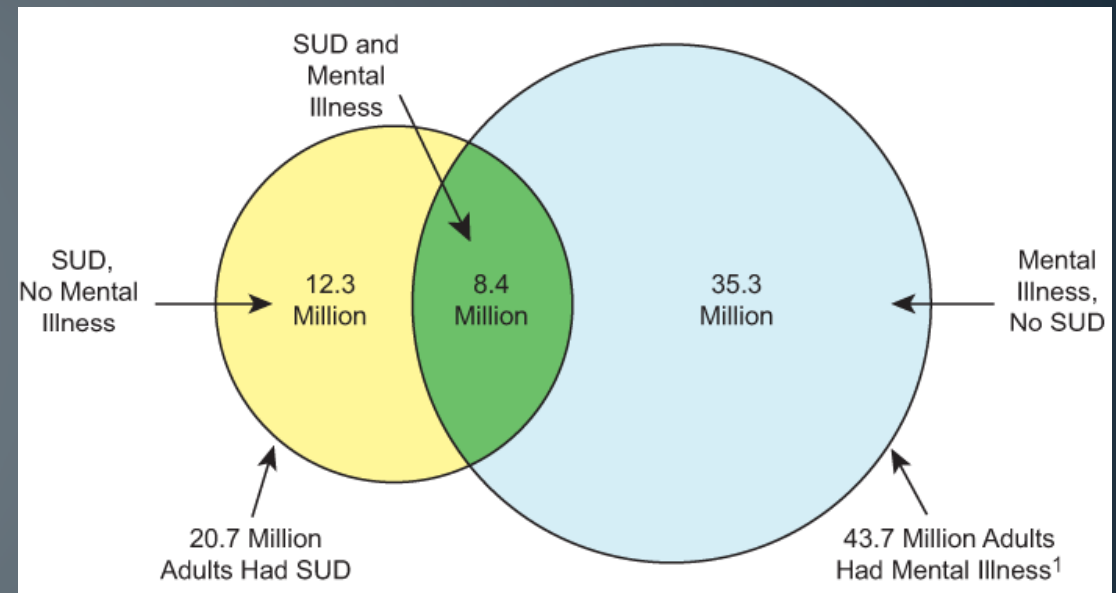
# Alcoholism and mental illness: overlapping diseases requiring a renewed focus

Sarah E. Cavanaugh, PhD

Physicians Committee for Responsible Medicine

# The scope of the problem

- Alcohol use disorders do not exist in isolation
- >8 million adults with substance abuse and mental health issues
- A new research approach is needed



# The scope of the problem

Adults with alcohol use disorder are:

- 3X more likely to suffer anxiety
- 4X more likely to suffer major depressive episode

Prevalence of Psychiatric Disorders in People with Alcohol Abuse and Alcohol Dependence

Comorbid Disorder	Alcohol abuse		Alcohol dependence	
	1-year rate (%)	Odds ratio	1-year rate (%)	Odds ratio
<b>National Comorbidity Survey<sup>1</sup></b>				
<b>Mood disorders</b>	12.3	1.1	29.2	3.6*
Major depressive disorder	11.3	1.1	27.9	3.9*
Bipolar disorder	0.3	0.7	1.9	6.3*
<b>Anxiety disorders</b>	29.1	1.7	36.9	2.6*
GAD	1.4	0.4	11.6	4.6*
Panic disorder	1.3	0.5	3.9	1.7
PTSD	5.6	1.5	7.7	2.2*
<b>Epidemiologic Catchment Area<sup>2</sup> study</b>	Lifetime rate (%)	Odds ratio	Lifetime rate (%)	Odds ratio
Schizophrenia	9.7	1.9	24	3.8



# The scope of the problem



- Less likely to pursue treatment
- More likely to drop out or relapse
- Shorter overall time to relapse

# Diagnostic and therapeutic challenges

Three types of healthcare professionals:

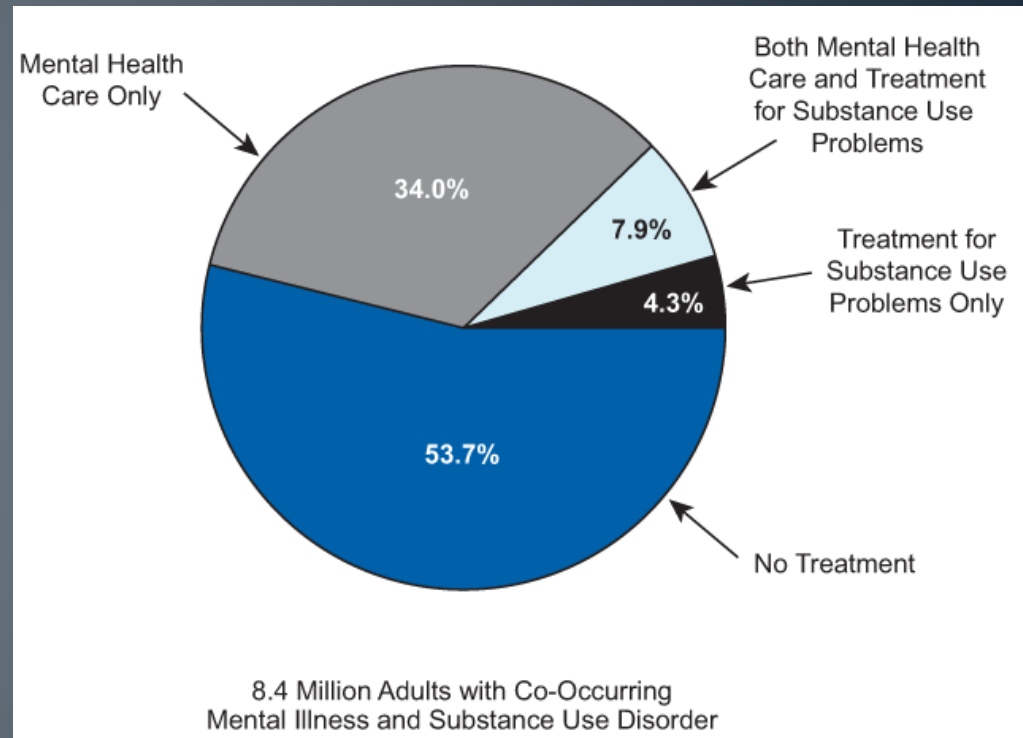
- Primary care providers
- Mental health professionals
- Addiction treatment specialists



# Diagnostic and therapeutic challenges

Treatment permutations:

- Sequential treatment
- Parallel treatment
- Integrated treatment



# Diagnostic and therapeutic challenges

For comorbid alcohol use and mental health disorders:

- No firm diagnostic standards
- No standardized treatments
- Unique considerations



# Status of dual diagnosis research

## Motivational interviewing and CBT

- Inconsistent results

## Group counseling

- Some improvement in mental health and abstinence

## Case management

- Inconsistent results

# Status of dual diagnosis research

## Residential treatment

- Improved substance abuse outcome, mental health outcome inconsistent

## Intensive outpatient treatment

- Results inconsistent

# Optimizing research and treatment strategies

- Large, prospective trials specifically for alcohol abuse patients
  - Separating by mental illness
- Short v. long-term treatment strategies
- Implementation
- **Funding**



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**Thank you!**



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# Addiction Therapy-2015

Florida, USA

August 3 - 5, 2015

Addiction Therapy – 2015 Website:

[addictiontherapy.conferenceseries.com](http://addictiontherapy.conferenceseries.com)