

ORIGINAL ARTICLE

# Demographic and clinical features of patients with substance-induced mental disorders admitted to the psychiatric hospital in Kermanshah, Iran

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## Abstract

**Background:** Evaluating the prevalence and clinical features of substance induced mental disorders leading hospitalization is important in programming for better management of these disorders. There is a lack of studies investigated the pattern of drugs leading admission in mental hospitals.

**Objectives:** To evaluate demographic and clinical features of patients with substance induced mental disorders admitted to Farabi psychiatric hospital in Kermanshah, Iran.

**Methods:** This is a cross-sectional study conducted in 2013. 359 patients whom admitted with substance related psychiatric disorders were evaluated using demographic questionnaire, clinical and paraclinical exams. patients diagnosed with primary mental disorders, and mental disorders due to other medical condition were excluded.

**Results:** The participant's mean age was 31.44 years. The most of the patients were unemployed males with low education living in urban areas. Amphetamines in 289 (80.5%), opioids in 57 (15.8%), cannabis in 11(3.1%), and benzodiazepines in 2 (0.6%) patients were the main drugs leading admission. Amphetamine induced psychotic disorder with hallucination (40.4%) were the most common diagnosis among the study subjects.

**Discussion:** Amphetamines was the most problematic drug in our setting and amphetamine induced mental disorders were the most prevalent causes of hospitalization. Opioids induced psychiatric disorders were in the second rank.

## Keywords

Hospitalization, mental disorder, prevalence, psychiatry, substance induced

## History

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## Introduction

Mental disorders and substance use have a complex relationship. According to the self-medication hypothesis, patients with mental disorders may abuse substances to reduce symptoms of disease or side effects of medications (Dalack et al., 1998). Alternatively, substance use may cause mental disorders. The co-morbid occurrence of mental disorders and substance-related disorders can also be coincidental. Additionally, in some cases, the mental disorder and substance use might have a common underlying etiological cause (Lehman et al., 1989).

Comorbidity and dual diagnosis are two common terms used to describe the combination of mental disorders and substance-related disorders. Comorbidity is usually used for the co-occurrence of symptoms or disorders, while dual diagnosis is appropriately used to indicate a closer relationship between the two conditions, perhaps including cause or effect (Williams & Cohen, 2000).

The classification of mental disorders among substance user patients into substance-independent (primary) and substance-induced (secondary) mental disorders is important. Substance-induced mental disorders are determined to be caused by the direct effects of a substance. The substance may induce symptoms during intoxication (while the individual is under the influence of the drug) or during withdrawal (after an individual stops using the drug), and usually subside once the substance is eliminated during the initial weeks of abstinence, even without specific treatment (Akiskal, 1995; Kadden et al., 1995). The identification of primary mental disorders is mainly based on the argument that if such a disorder was manifested (lifetime prevalence) before the onset of any substance use, it is likely that the mental disorder is independent of the substance misuse. Consequently, such mental disorders may need to be treated differently from those that have been induced by the use of substances.

A lifetime drug-independent mental disorder was reported in 90% in drug dependent people. It was reported that approximately 50% of all substance-dependent people suffered from one or more substance-induced mental disorders. In addition, about 40% of those had both substance-induced and primary mental disorders, thus demonstrating the

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