

# SUBSTANCE USE DISORDER AMONG BIPOLAR AND SCHIZOAFFECTIVE PATIENTS

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## Educational Objectives

Dual diagnosis implies a worse prognosis for psychiatric patients. In depressed neighborhoods the prevalence of a comorbid substance use disorder might be even higher. Therefore, it is relevant to better analyse this phenomenon and to increase awareness of this comorbidity in patients with severe mental disorder.

## Purpose

This study aims to describe the prevalence of substance use and the profile of substance users among the patients from a mental health community center in a depressed neighborhood in Barcelona (CSMA La Mina) with diagnosis of schizoaffective or bipolar disorder.

## Methods

All patients diagnosed of schizoaffective and bipolar disorder currently being followed-up in CSMA La Mina were included. A cross-sectional analysis describing prevalence of substance use and profile of user was conducted.

## Results

A total of 39 patients met inclusion criteria from which 17 had a dual diagnosis. Mean age for dual patients was 44 years (SD 15.82), 70% were male, 76.5% had only received primary studies, 52.9% were living with their families and 41.2% had a permanent laboral inability.

At the beginning of follow-up the prevalence of substance use was 43.59% being the main substances used alcohol (64.7%), cannabis (29.4%) and cocaine (5.9%). Up to 35.3% used more than one substance. At the time of inclusion, 52.9% of them were abstinent and the most substances used were alcohol 35.3% and cannabis 11.8%.

**Table 1. Toxicological variables**

|                    | Alcohol (%) | Cannabis (%) | Cocaine (%) |
|--------------------|-------------|--------------|-------------|
| Previous drug use  | 64,7        | 29,4         | 5,9         |
| Current drug abuse | 35,5        | 11,8         |             |

**Table 2. Previous use of drugs**

|                          | Alcohol (n) | Cannabis (n) |
|--------------------------|-------------|--------------|
| Bipolar disorder         | 8           | 2            |
| Schizoaffective disorder | 3           | 3            |

## Conclusions

A relevant presence of dual diagnosis was found at the beginning of follow-up. Alcohol and cannabis were the most frequently used substances. At the inclusion time the prevalence of substance use significantly decreased. This might translate a positive effect of the psychiatric treatment in the substance use disorder. Possibility of self-treatment prior to follow-up would be an interesting subject for further studies.