

A Descriptive Study to Assess the Level of Depression among Alcoholic Patients Admitted in De Addiction Center at Selected Settings

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Abstract: *Descriptive study to assess the level of depression among alcoholic patients admitted in de addiction center. To assess the level of knowledge on the adverse effects of alcohol. To evaluate the effectiveness of structured teaching programme on adverse effects of alcoholism. To correlate the posttest level of knowledge on adverse effects of alcoholism with their selected demographic variables. Design: one group pretest and posttest design. Setting: study is conducted in the deaddiction center. Sample: 60 adults were selected for the study. Outcome measures: level of knowledge assessed with the questionnaire. intervention: structured teaching programme is given to the samples that were selected. Result: after giving the health education to the adult's posttest mean score was 1.55 and its standard deviation is 0.6872. In the post test there was prefect correlation between the religion, number of friends with alcoholism, no of alcoholics in the family and duration of alcoholism. Conclusion the result supported that structured teaching programme is very suitable and practicable intervention to reduce the use of alcohol among the adults.*

Keywords: depression, alcoholism, structured teaching programme, demographic variables, Morattandi area

1. Introduction

About 2 billion people worldwide consume alcoholic drinks, which can immediate and long-term consequences on health and social life. Over 76 million people are currently affected by alcohol use disorders, such as alcohol dependence and abuse. Globally approximately 3.3 million deaths each year due to alcohol consumption that it is greater than HIV/AIDS, violence or tuberculosis.

The prevalence of alcohol use in India reported by the National Household Survey revealed that 21.4% in the recent year. There are 62.5 million alcohol users in India, of which 10.6 million are dependent users. Up to 40% of people who drink heavily have the symptoms that resemble a depressive illness.

Need for the study

The World Health organization reports that the harmful use of alcohol is a causal factor in more than 200 diseases, injuries and death.

National Institutes of Health (NIH), three mental disorders most commonly comorbid with alcoholism are major depression, bipolar disorder and anxiety disorder.

The patient who is seeking treatment for alcoholic dependent syndrome requires long - term hospitalization and follow - up care. Many give the history of some significant past depressive episodes/stress factors which led them to be alcoholic and some become depressive due to increased alcohol intake

Objectives of the study

- 1) To assess the level of depression among alcoholic patients.
- 2) To associate the level of depression among alcoholic patients with selected demographic variables.

Operational definition:

- 1) **Assess:** Refers to determine the level of depression among alcoholic patients.
- 2) **Level:** Amount of depression in alcoholic patient.
- 3) **Depression:** A feeling of unhappiness and loss of interest that lasts for a long time.
- 4) **Alcoholic:** A person who cannot stop drinking large amounts of alcohol.

Assumption:

Increased alcohol intake leads to Alcohol dependence syndrome that it is the major cause of depression.

Limitations:

- 1) The sample size consists of 60 samples.
- 2) The study was conducted only in de - addiction center.

2. Methodology

This study was conducted to access the level of depression among alcoholic patients.

Research approach:

It is based on the objective of the study the research used for the study was quantitative research approach.

Research Design:

Non experimental descriptive Research Design was adapted for the study.

Setting of the study:

The study was conducted in the de addiction center.

Target population:

Patient diagnosed with alcohol dependence syndrome.

Sample size:

The Sample size consists of **60 samples**.

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Sample technique:

60 samples fulfilled inclusion criteria and they were selected as a study sample through **non probability purposive Sampling**.

Criteria for selection of samples:

Inclusion criteria:

- Patient diagnosed with alcohol dependence syndrome.
- Patients who were willing to participate in the study.

Exclusion criteria:

- Patient diagnosed with other psychotic disorders.
- Patients who were not willing to participate in the study.

Development and Description of Data

Section A: Demographic variables

Section B: Hamilton depression rating scale.

Section A:

It consists of demographic data include age, gender, domicile, education, occupation, religion, type of family, income per month, marital status, family history of substance abuse, first alcohol intake, duration of taking alcohol and years of alcohol intake.

Section B:

The Hamilton depression rating scale (HDRS) was written in the late 1950s by **Max Hamilton**, a psychiatrist at Leeds University. It is the most widely used clinical administered depression assessment scale. It contains 17 items (depressed mood, feeling of guilt, suicide, insomnia, work and activities, etc. . .) pertaining to symptoms of depression experienced. Each question contains Options and scoring. The sum of all the scoring and finally it was categorized.

The scoring was categorized as follow.

Scoring procedure:

- 1) 0 - 7 normal
- 2) 8 - 16 mild depression
- 3) 17 - 23 moderate depression
- 4) Above 24 severe depression

Data collection procedure:

The period of data collection was one week. A total sample was selected using purposive sampling technique.

On the day one, researcher gave self - introduction, established rapport with study participants. A brief introduction and the purpose of study were explained.

From day two, using demographic tool, basic data are collected from sample and Hamilton depression rating scale was used to assess the level of depression among alcoholic patients.

Plan for data analysis:

After the data collection, the collected data were organized, code, summarized, tabulated and analyzed.

Statistical analysis and interpretation of a study to assess the level of depression on alcoholic patients.

Demographic variables.

3. Results of the Study

Distribution of sample according to the level of depression on alcoholic patients.

S. No	Level of Depression	Frequency	Percentage
1	Normal	04	6.67%
2	Mild depression	25	41.66%
3	Moderate depression	22	36.67%
4	Severe depression	09	15% Associate

Association between the levels of depression among alcoholic patients with selected demographic variables

S. No	Variables	Domains				df	Chi Square	Table Value	Remarks
		Normal	Mild	Moderate	Severe				
1	Duration of taking alcohol					9	59.94	S	
	a) Daily	4	16	8	3				
	b) Weekly	0	8	14	6				
	c) Twice a month	0	0	0	0				
	d) Monthly or occasionally	0	1	0	0				
2	Years of alcohol intake					9	59.97	S	
	a) Less than 5 years	1	0	4	2				
	b) 6 - 15 years	3	15	14	5				
	c) 16 - 25 years	1	10	4	2				
	d) More than 25 years	0	0	0	0				

4. Discussion

Out of 60 samples, the majority 34 (56.67%) are in the age group of 30 to 45 years. Regarding gender, the majority 60 (100%) belong to male. According to the domicile 37 (61.67%) belongs to rural areas. Regarding education, the majority 25 (41.67%) belong to primary education. Regarding occupation, the majority 42 (70%) belong to self - employed. According to religion 50 (83.33%) of Hindus. Type of family, 46 (76.67%) belong to the nuclear family.

Regarding income per month, 38 (63.34%) belong to 5000 to 15000. Marital status, 54 (90%) are married. Family history of substance abuse majority, 26 (43.33%) belong to substance abuse sometimes. Duration of taking alcohol, the majority daily - 31 (51.67%). According to years of alcohol intake, the majority 37 (61.67%) belong to 5 - 15 years of duration.

- The present study shows, out of 60 samples, the majority 25 (41.66%) are in mild depression.

- The second objective was to associate the level of depression among alcoholic patients with selected demographic variables.
- The result shows significant association between duration of taking alcohol and years of alcohol intake, remaining no significant association between the selected demographic variables. First alcohol intake majority between the age group of 15 to 25 years - 46 (76.67%). Research was conducted in view of assessing the level of depression among alcoholic patients. 60 samples were selected using purposive sampling in de addiction center. The level of depression was assessed and the data were analyzed which shows significant association between duration of taking alcohol and years of alcohol intake.
- Hence the study concludes and the patient 6.67% normal, 41.66% are in mind depression, 36.67% are in moderate depression and 15% are in severe depression. A similar study can be conducted in a large scale.
- A study can be conducted to assess the level of anxiety among alcoholic patients.
- A similar study can be conducted to assess the level of knowledge on ill effects of alcohol among alcoholic patients.

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