

A Study on the Relationship between Drinking Behavior and Depression of Adult Men Alcohol-dependent Patients

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Abstract. This purpose of this study is to provide basic data for treatment by analyzing the characteristics of patients with alcohol dependence and the relationship between depression and alcohol dependence. The subjects were 44 patients with alcohol dependence aged 20-70 in a psychiatric hospital. Alcohol Dependence Scale(ADS) and Beck Depression Inventory(BDI) were used as measuring tools. The collected data were analyzed by using the statistical program SPSS WIN 21.0 and the difference in alcohol dependence depending on the degree of depression with one-way ANOVA and Pearson's correlation coefficient. According to the study results, there are significant differences between alcohol dependence related on the degree of depression ($F=5.08$, $p<.011$). There was a significant positive correlation between BDI and ADS($r=.319$, $p<.035$).

Keywords: alcohol dependence, drinking, depression

1 Introduction

Alcohol is one of beverages humans have enjoyed drinking since prehistoric times and shows the same effect as a stimulant and reduces mental pain by affecting the central nervous system and is used to maximize good mood [1] Since ancient times, there has been social culture that alcohol was served in every gathering in Korea so drinking culture has developed enough to be regarded as an essential element for interpersonal relationships. Such generous awareness and culture on alcohol play a role to ensure that immoderate drinking habits may appear in all age groups. According to the announcement of World Health Organization (WHO), annual per capita alcohol consumption of Koreans is 12.3L and turned out to be 15th among 190 countries surveyed. Korea was ranked as 1st beating China(average 6.71L) and Japan(average 7.21L) among Asian countries and especially, products with high alcohol proof are said to be consumed a lot in Korea [2]. Thus, the drinking problem reached a serious level in the

Korean society and can be said to be a problem that should be actively managed at the national level.

Depression is also used as the representative indicator for the results of stress. That is, depression is the most common symptom caused by stress and most people drink alcohol as the management method for relieving the symptom when they are depressed [3]. When drinking alcohol, however, alcoholic patients experience worsening depression status rather than feeling relieved and previous studies reported that the following vicious cycle is repeated over and over.: if continuously taking alcohol, alcoholic patients experience negative life events and feel depressed through these negative events and eventually, find alcohol again to overcome the depressed feeling[4].

Like chronic diseases such as high blood pressure, diabetes or back pain, depression is a disease causing social and physical disorder. More than 70% of suicide is caused by depression and social losses are also huge due to long-term absence, productivity loss, early death due to suicide [5]. Also, in the case of patients with a chronic disease accompanied by depression, their depressed feeling discourages the patient' s treatment motivation or interest in the disease and this affects medication adherence and reduces the treatment effect of the patient [6].

Thus, the purpose of this study is to reduce losses due to alcohol and provide basic data for treatment by analyzing the characteristics of patients with alcohol dependence and the relationship between depression and alcohol dependence.

2 Study Method

2.1 Study subject

Patients with alcohol dependence aged 20 to 70.hospitalized in “ D” psychiatric hospital from April 1 to June 15, 2015 were selected as study subjects and those severely denying their alcohol dependence state were excluded.

2.2 Methods

The researcher explained the purpose of the study to patients hospitalized in the specialized alcohol ward and collected data with structured self-administered questionnaire for subjects who agree to participate in writing. The researcher reviewed the collected questionnaires and data that credibility is suspected were excluded from the target. Of the collected questionnaires of 47 people, patients to be finally analyzed were 44 people.

2.3 Research tools

1) Alcohol Dependence Scale (ADS)

Alcohol Dependence Scale standardized in Korean by Lee [7] was used. Higher scores means higher alcohol dependence.

2) Beck Depression Inventory (BDI)

A tool created when Han, Hong-mu et al (1986) standardized Beck Depression Inventory (BDI) into Korean version was used [8]. Higher score means more severe depression.

2. 4 Data analysis

The collected data were statistically processed by using the statistical program SPSS WIN 21.0. A difference between alcohol dependence depending on the degree of depression was analyzed with one-way ANOVA. A correlation between depression and alcohol dependence was analyzed with Pearson's correlation coefficient

3 Results

The difference between the degree of depression and alcohol dependence was analyzed. As a result, alcohol dependence was significantly higher in the order of normal(9.46 ± 6.68), mild depression(16.79 ± 9.28), moderate depression(19.50 ± 8.11) ($F=5.08$, $p<.011$).

Table 2. Deference of ADS among BDI grade

BDI Grade	N	Mean (SD)	Standard deviation	F	<i>p</i>
Normal	13	9.462	6.6785	5.08	.011
Mild depression	19	16.78	9.2831		
Moderate	12	19.500	8.1072		
Total	44	15.36	9.0299		

In this study, there was a significant positive correlation between depression and alcohol dependence($r=.319$, $p<.035$).

Table 3. A correlation between ADS and BDI

		ADS
BDI	Pearson (<i>r</i>)	.319
	<i>p</i>	.035

4 Discussion

This study analyzed the difference between alcohol dependences depending on the degree of depression and as a result, alcohol dependence was significantly higher as the degree of depression was more severe. Previous studies show that alcoholism itself may make the patient depressed or exacerbate existing depression [9]. When compared with the case otherwise, depression accompanied by chronic diseases is more severe and more sustainable and may be associated with substance abuse. There is a report that depression is deeply associated with chronic diseases so interferes with the treatment of the disease by exacerbating the patient's treatment motivation and adherence [10]. Medication adherence has a significant impact on the treatment of patients and its importance is further highlighted especially in the case of chronic diseases such as alcohol addiction that the patient should take drugs regularly for a long time.

This study analyzed a correlation between depression and alcohol dependence and as a result, there was a significant positive correlation ($r=.319$, $p<.035$). Lee [11]'s study was also similar to this study in that the degree of alcohol use disorder diagnosis and depression have a positive correlation ($r=.326$, $p<.001$).

High depression inclination of patients with alcohol dependence may be a major problem in the public health and management of care services as well as personal problems because people showing high drinking rate among general population groups are highly likely to develop into the group with high alcohol use disorder [12].

In conclusion, the degree of the patient's depression affects chronic diseases such as alcohol addiction requiring long-term treatment and therefore, if identification of depression and treatment are combined in the treatment of alcohol addiction, it is considered to have a positive impact on the management of chronic diseases.

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