

Substance Abuse and Its Impacts on Mental Health

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ABSTRACT

The study found that age and prior medical care access were significantly involved in the increase of mental health disorders from substance abuse/misuse. People who abuse drugs and alcohol to self-medicate. Findings will help policymakers prepare for mental health and substance abuse. In the study by Mersky et al., The researchers identified ways in advancing research on adverse childhood experiences and their application in four areas which include surveillance, risk assessment, prevention, and distribution. The study by Lord et al. Focuses on research regarding the application of behavioral health care methods based on technology. Substance abuse and any co-occurring mental disorders remain a complex field that will necessitate research from all areas with strong evidence being gathered to back it up.

INTRODUCTION

There is little doubt that research and concern involving substance misuse and abuse spans many disciplines. It is still an incredibly complex field that necessitates the use of both theoretical explanations and copious amounts of evidence. This is in addition to societal efforts to reduce any direct and indirect harm caused by this perplexing condition. Individuals' formative years, such as their youth, are relative, especially when it comes to developing diseases such as substance abuse disorder and mental illness. Although people can become addicted to drugs at any age, the majority of drug abuse typically begins during adolescence, when mental illness may first manifest itself. According to studies, abusing substances at a young age puts a person at risk of not just having chronic addiction difficulties, but also of co-occurring mental illness. The concerns that society can explore are what effects these substances have on mental and social functioning later in life. To what extent, if any, do the consequences of mental health and social functioning prohibit individuals from being productive members of society?

MATERIALS AND METHODS

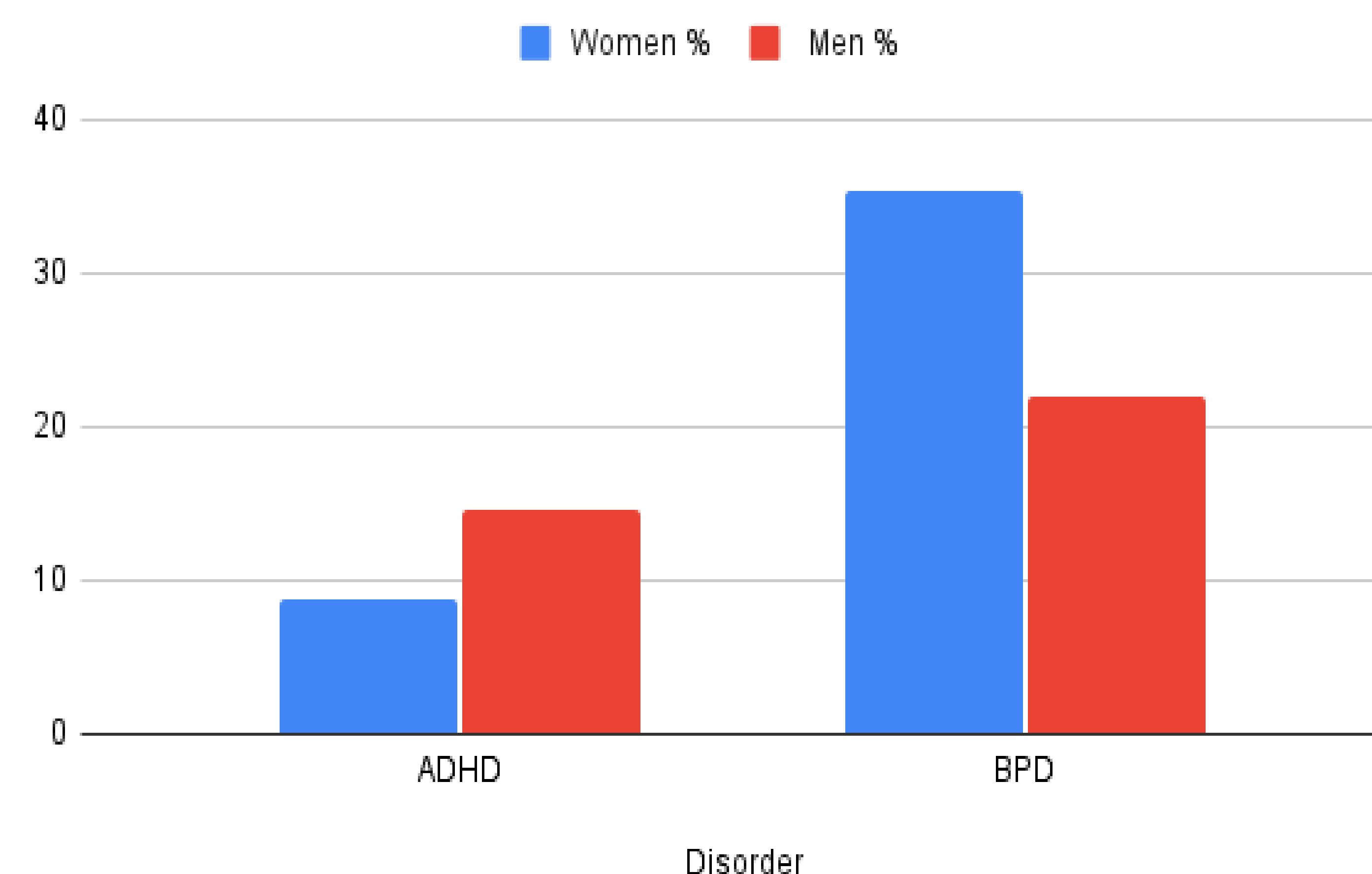
In the study by Lopez-Toro et al. they "included only patients with complete data on the variables of interest to study objectives. Thus, analyzed data from a subsample of n = 772 IASP-1 and -2 cases that had complete symptom-level data for SUD, ADHD, CD, MDD, and BPD (López-Toro et al., 2022)." Other mental problems, such as conduct disorder (CD), major depressive disorder (MDD), and borderline personality disorder (BPD), which are common in people who abuse substances, were also assessed in the patients (López-Toro et al., 2022).

RESULTS

The individuals' primary causes for seeking treatment in the addiction treatment facilities were dependence on alcohol, cannabis, heroin, and cocaine. Our entire sample of SUD patients seeking treatment also included around half of those who met the DSM diagnostic criteria for MDD, ASP, and BPD, respectively (López-Toro et al., 2022). The researchers stated that "ADHD was more prevalent in male than in female patients ($p = 0.046$), whereas BPD was more prevalent in females compared to male patients ($p < 0.001$) (López-Toro et al., 2022)." However, there seem to be no major differences between genders in comorbidity between substance abuse and mental disorders when it comes to MDD, CD, or ASP.

RESULTS

Substance Abuse and Mental Health



CONCLUSIONS

The conclusions from the various studies used in this paper are as follows. Addiction's processes and effects are beginning to change in connection with societal, technological, and advancements made in different cultures. Many social groups may experience substance misuse in different ways and with diversified patterns. Future research should focus on additional indicators, such as therapeutic response and overall happiness with life, and cover a wider range of comorbid diseases and symptoms. It should also prospectively examine changes in patients' networks of symptoms during therapy. In the study by Mersky et al., the researchers identified ways to advance research on adverse childhood experiences and its application in four areas: surveillance, risk assessment, prevention, and distribution. The study by Lord et al. focuses on research regarding the application of behavioral health care methods based on technology. Substance abuse and any co-occurring mental disorders remain a complex field that will necessitate research from all areas with strong evidence being gathered to back it up.