

The Prevalence of Anxiety and Depression among Adult Substance Abusers Admitted at Government Drug Treatment and Rehabilitation Centers in the Philippines

Jose Bienvenido M. Leabres, MD

Joselito C. Pascual, MD

Marissa de Guzman, MD

Cherie Grace G. Quingking, MD

Department of Toxicology, University of the Philippines-Philippine General Hospital and
Office of Special Concerns-Department of Health, Manila, Philippines

Background: Anxiety and Depression has been known to go hand in hand with Substance Abuse. Foreign studies have revealed that there is a significant prevalence of anxiety and depression among patients suffering from Substance Dependence (Currie, et.al, 2005). In the Philippines, a study was done in 2007 among patients undergoing substance abuse treatment in a general hospital setting. The study revealed that there is a significant incidence of Anxiety and Depression among the subjects (Pascual, et.al, 2007). However, there has been no Philippine study with regard to Anxiety and Depression among Substance Abusers who are presently undergoing Residential Drug Treatment and Rehabilitation at any of the national Drug Treatment and Rehabilitation Centers (DTRCs). This research hopes to provide a baseline data which may improve the diagnosis, access to treatment and delivery of appropriate and patient oriented treatment services in the rehabilitation centers in the Philippines. Furthermore, results of this study will be furnished to concerned Drug Treatment and Rehabilitations for their further reference in the management of their cases.

Aims: The study aims to determine the prevalence of Anxiety and Depression among Substance Abusers presently admitted at all government residential DTRCs.

Methods: This is Cross Sectional study of 118 adult subjects admitted at the Department of Health-Drug Treatment and Rehabilitation Centers, Bicutan in Metro-Manila, Philippines from May 2009 to January 2010. The Hospital Anxiety and Depression Scale (HADS) (Zigmond and Snaith) in the Filipino Language (deGuzman, 2005) was used to measure the major variable.

Results: Prevalence of Anxiety and Depression among Substance abusers were 80.83% ($p=0.05$) for Males, 6.66% ($p=0.05$) for Females; for abusers of any substance there is 87.5% ($p=0.05$); 82.19% ($p=0.05$) for Methamphetamine Users; 91.6% ($p=0.05$) for Alcoholics.

Conclusion: (1) Anxiety and Depression is highly present among Substance Abusers in DTRCs. (2) It is also noted to be higher among Alcoholics.

(3) Gender difference was biased due to the small population of women in the study.

It is recommended that DTRCs should provide the necessary services to include the assessment and treatment of Anxiety and Depression to their clients. It is also recommended that a subsequent study be made to assess the prevalence for all of the Department of Health-DTRCs nationwide.