

*Research Article***Sociodemographic Characteristics of a Sample of patients with Substance Use Disorders****Ayah K. Zaki¹, Nashaat Abdel-Fadeel², Mohamed Helmy² and Ahmed M. Kamal²**¹ EL-Minia Hospital for Mental Health and Addiction Treatment² Department of Neurology and Psychiatry, Faculty of Medicine, Minia University**Abstract**

Background: The history of substance use is as old as society itself; it has recently become a global issue affected by social, economic, political, and psychosocial variables. The problem is not only that of a person or a group, and a drug, but it includes the triad's interaction. The multiplicity and interrelationship of variables associated with substance addiction makes the topic a complicated one.

Objective: To describe sociodemographic characteristics in a sample of patients diagnosed with Substance Use Disorders. **Methods:** subjects of the study were selected from clients attending addiction "Hotline" clinic of Minia Hospital for Mental Health and Addiction Treatment. Only the first, middle and last clients attending the Hotline clinic were included to ensure random selection, along with all the inpatients who have spent at least 7 days stay in the detoxification department. The Mini Neuropsychiatric International Interview (MINI)Plus measured the DSM-IV diagnostic criteria for drug use disorders. **Results:** The mean age of the studied sample was 30.1±6.7 years ranging from 18 to 56 years, most of the sample were males 96.6%, more than half of the sample were married 57.1% and the rest were mostly single 35.3%, the most common educational level was technical secondary school 37% followed by illiteracy 26.1%, most of the sample were manual workers 62.2% followed by being not working 15.1%, and finally the residence in the studied sample was almost equally divided between being from rural areas 54.6% and urban areas 45.4%. **Conclusion:** substance use is more common in third decade of life, more common in males more than females.

Key words: socio-demographic; substance use, addiction.

Introduction

Drug use (or drug addiction) is described as a neuropsychiatric condition characterized by a strong urge to continue taking the drug despite harmful effects, this drug-seeking behavior is associated with craving and loss of control and typically involves prolonged drug exposure (Zou et al., 2017). This process is strongly influenced by both the genetic makeup of the person and by the psychological and social context in which drug use occurs (Di Giovanni et al., 2009). Substance use disorders are associated with a significant disease burden and the highest mortality among all mental and behavioral disorders. Compared to the general population, the mortality ratio is approximately 15 times higher for opioid use disorders, approximately 6 times higher for amphetamine use disorders, and about 5 times higher for alcohol use disorders (World Health Organization, 2020).

Incidence and Prevalence

The Global Burden of Disease study reported that just over 2 percent of the world was dependent on alcohol or illegal drugs in 2017, and it is even more widespread in some nations. (Disease Global Burden, 2017). The World Health Organization reported in 2019 that 237 million men and 46 million women worldwide suffer from alcohol-use disorders. (World Health Organization, 2019). while 35 million people, suffer from drug use disorders and require treatment services (World Drug Report, 2019).

Patients and methods

One hundred and nineteen Patients were selected from clients attending the addiction "Hotline" clinic of Minia Hospital for Mental Health and Addiction Treatment and its inpatient department, during the period from

first of July 2018 to the end of December 2018 with the following criteria:

Inclusion Criteria:

1. Adults aged 18–60 years.
2. Both gender types.
3. A diagnosis of substance use disorder according to the M.I.N.I plus.
4. All the inpatients in the addiction ward after 7 days of admission
5. Patient's consent to participate in the study.

Exclusion Criteria:

1. Patients under 18 years and above 60 years of age.
2. Intoxication at the time of the interview for outpatients.

3. Being at the beginning of the detoxification process "less than 7 days of admission.
4. Active state of comorbid mental illness "bipolar or psychotic".
5. Patients who refuse to participate in the study

The Statistical Package of Social Sciences (SPSS) Version 22.0 for Windows performed the data analysis. Descriptive statistics: For categorical variables, frequencies and percentages were determined, while the mean and standard deviations for continuous variables were calculated.

Results

Table: Socio-demographic characteristics of the sample

Descriptive statistics	N (%)
Age	
Range	(18-56)
Mean \pm SD	30.1 \pm 6.7
Gender	
Male	115(96.6%)
Female	4(3.4%)
Marital state	
Single	42(35.3%)
Married	68(57.1%)
Divorced	8(6.7%)
Widower	1(0.8%)
Educational level	
Illiterate	31(26.1%)
Read and write	23(19.3%)
Technical secondary school	44(37%)
Secondary school	10(8.4%)
University	11(9.2%)
Occupation	
Not working	18(15.1%)
Manual worker	74(62.2%)
Skillful worker	13(10.9%)
Driver	8(6.7%)
Student	6(5%)
Residence	
Rural	65(54.6%)
Urban	54(45.4%)

Table (1) shows that The mean age of the studied sample was 30.1 ± 6.7 years ranging from 18 to 56 years, most of the sample were males 96.6% (n=115), more than half of the sample were married 57.1% (n=68) and the rest were mostly single 35.3% (n=42), the most common educational level was technical secondary school 37% (n=44) followed by illiteracy 26.1% (n=31), most of the sample were manual workers 62.2% (n=74) followed by being not working 15.1% (n=18), and finally the residence in the studied sample was almost equally divided between being from rural areas 54.6% (n=65) and urban areas 45.4% (n=54).

Discussion

The current study was conducted in El Minia Psychiatric Hospital, the official psychiatric hospital in El Minia Governorate that provides in- and out-patient treatment for substance users. Similar to our study Khalil et al., (2008) carried their study in both the outpatient clinic and inpatient ward of the Ain Shams University Institute of Psychiatry Hospital, so did Azim et al., (2016) in the Psychiatry Department of Mansoura University Hospital. In contrast El-Sawy et al., (2010) carried their study at the outpatient clinic in the neuropsychiatry department in Tanta University Hospital. The setting of our study provided us with the opportunity to include subjects with different substance use severity which contributed to the diversity in our sample. The diagnosis of substance use disorder was done using the Mini Neuro-psychiatric International Interview (M.I.N.I.) Plus. This was similar to Eshak. (2019) who studied Mental health disorders and their relationship with work-family conflict in upper Egypt.

In the current study; The mean age was 30.1 ± 6.7 years ranging from 18 to 56 years, this was similar to Khalil et al., (2008) with a mean age of 29 years with the youngest subject being 14 years old and the oldest 63 years. Our results were slightly higher than Mohamed et al., (2013) with a mean age of 28 years and range from 18 to 55 years.

Males represented the majority of our cases 96.6% while females represented only n=4 (3.4%). More than half 57.1% were married while 35.3% were single and the others were divorced and one subject was a widower. In the

studied sample 37% have graduated from technical schools; 26.1% were illiterate; only 9.2% had high education, 62.2% subjects in our sample were manual workers, 15.1% were notworking while 10.9% subjects were skillful worker. Fifty four percent of our sample were from rural areas. The significant male predominance among substance users has been explained by previous studies (Khalil et al., 2008) to be due to the Egyptian customs and traditions, giving more freedom to males while putting restrictions on the movement of women, and being slightly more tolerant towards male substance use as compared to the females, where it is associated with social stigma.

Less educated people are more common users of substance, supporting the assumption of the protective effect of education against substance use (Hamdi et al., 2016 ; Johnston et al., 2017).

Previous Egyptian studies (El-Sawy et al., 2010; El-Sayed et al., 2015; Bassiony et al., 2016; Abou El-Magd et al., 2018; El-Wasify et al., 2018) reported most of their sample to be manual workers probably due to their belief that drugs can help them overcome fatigue and hardship of their work.

We conclude that addiction is more common in third decade of life, more common in males, less educated people and among manual workers.

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