

Original Research

Sociodemographic profile, and pattern of opioid use, in patients with opioid use disorders

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ABSTRACT:

Background: The present study was conducted for assessing the sociodemographic profile, and pattern of opioid use, in patients with opioid use disorders. **Materials & methods:** A total of 100 subjects were enrolled. All the patients with a diagnosis of opioid use disorder made as per the Diagnostic and statistical manual of mental disorders-5 (DSM-5) diagnostic guidelines and treated on both inpatient and outpatient basis were considered. A thorough clinical assessment was done to diagnose opioid use disorder at first encounter with the patient, and the second assessment for psychiatric comorbidity was also done in the study population using DSM-5 diagnostic guidelines after detoxification. Both diagnosis, opioid use disorder and psychiatric disorder (if present) were confirmed by consultant psychiatrist. A semi-structured pro forma was used to assess the sociodemographic status and pattern of opioid use among the patients included in the study. All the results were analysed using SPSS software. **Results:** Out of 100 patients, 53 percent belonged to the age group of less than 20 years. 68 percent of the subjects were males while the remaining were females. In 77 percent of the subjects, the type of family was nuclear. 41 percent of the subjects were of middle class while 38 percent of the subjects were of lower class according to modified kuppuswamy scale. History of drug overdose was seen in 39 percent of the patients. In 41 percent of the patients, type of opioid use was heroin while in 21 percent of the patients, it was tramadol. Route of opioid use was oral, intravenous and inhalation in 32 percent, 35 percent and 33 percent of the patients respectively. **Conclusion:** A relatively young age group is involved in opioid addiction and, therefore, many years of their productive life are lost in substance abuse.

Key words: Opioid, Pattern

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INTRODUCTION

National Mental Health Survey (2015–2016) has depicted nearly 5% of the total population of India is suffering from disorders of substance use. Furthermore, magnitude of substance use in India, 2019, conducted by the National Drug-Dependent Treatment Centre, AIIMS, has stated that a substantial number of people use psychoactive substances in India, and substance use exists in all the population groups. Opioid dependence has become one of the most prevalent psychiatric illnesses during recent years.¹⁻³

In India also, a fairly large problem of opioid use exists. The estimation on the prevalence of drug abuse in India through a national household survey

has shown the prevalence of ever opium use as 0.6% and that during last 30 days as 0.4% with the prevalence of heroin use in both, ever use and last 30 days, as 0.2%. Although the prevalence of people injecting illicit drugs in India is low relative to West with an estimate between 0.18 and 1.1 million and a slowly declining trend of illicit use of opium and heroin worldwide, the injecting route of heroin and synthetic opioid analgesics in India has shown a rapid growth in the past two decades This rapid growth in the population of injection drug users poses new challenges in the management and care of these patients. The characteristic injection drug user in India is typically a male, between 15 and 35 years of age, illiterate, and unemployed. During recent years,

opioid dependence has become one of the most prevalent psychiatric disorders worldwide.⁴⁻⁶ Hence; the present study was conducted for assessing the sociodemographic profile, and pattern of opioid use, in patients with opioid use disorders.

MATERIALS & METHODS

The present study was conducted for assessing the sociodemographic profile, and pattern of opioid use, in patients with opioid use disorders. A total of 100 subjects were enrolled. All the patients with a diagnosis of opioid use disorder made as per the Diagnostic and statistical manual of mental disorders-5 (DSM-5) diagnostic guidelines and treated on both inpatient and outpatient basis were considered. A thorough clinical assessment was done to diagnose opioid use disorder at first encounter with the patient, and the second assessment for psychiatric comorbidity was also done in the study population using DSM-5 diagnostic guidelines after detoxification. Both diagnosis, opioid use disorder and psychiatric disorder (if present) were confirmed

by consultant psychiatrist. A semi-structured pro forma was used to assess the sociodemographic status and pattern of opioid use among the patients included in the study. All the results were analysed using SPSS software.

RESULTS

Out of 100 patients, 53 percent belonged to the age group of less than 20 years. 68 percent of the subjects were males while the remaining were females. In 77 percent of the subjects, the type of family was nuclear. 42 percent of the subjects were student while 41 percent of the subjects were unemployed. 41 percent of the subjects were of middle class while 38 percent of the subjects were of lower class according to modified kuppaswamy scale.

History of drug overdose was seen in 39 percent of the patients. In 41 percent of the patients, type of opioid use was heroin while in 21 percent of the patients, it was tramadol. Route of opioid use was oral, intravenous and inhalation in 32 percent, 35 percent and 33 percent of the patients respectively.

Table 1: Socio-demographic data

Socio-demographic data		Number	Percentage
Age group	Less than 20	53	53
	More than 20	47	47
Gender	Males	68	68
	Females	32	32
Family type	Joint	23	23
	Nuclear	77	77
Occupation	Student	42	42
	Unemployed	41	41
	Employed	17	17
Socio-economic status	Upper	21	21
	Middle	41	41
	Lower	38	38

Table 2: Pattern of opioid use

Pattern of opioid use		Number	Percentage
Prior drugs	Tobacco	38	38
	Cannabis	35	35
	Others	37	37
History of overdose	Present	39	39
	Absent	61	61
Type of opioid use	Heroin	41	41
	Tramadol	21	21
	Codeine	18	18
	Others/combination	20	20
Route of opioid use	Oral	32	32
	Intravenous	35	35
	Inhalation	33	33

DISCUSSION

The substances abuse has become one of the major public health problems of present society. Recently there has been an increase in the incidence of substance abuse including that of opioids throughout the world. According to world report-2013 published

by United Nations office on drug and crime (UNODC), about 16.5 million, or 0.4% of world adult population (15-64 years of age), used illicit opioids in year 2011. Illicit drug use in India is also quite serious, with a population of over 1 billion people; millions of victims of different kinds of drug

abuse are estimated. Although opioid-dependence has become one of the most prevalent psychiatric illnesses during recent years, but very few studies have looked into the profiles of patients suffering from substance abuse in this part of the world.^{7- 10}

Hence; the present study was conducted for assessing the sociodemographic profile, and pattern of opioid use, in patients with opioid use disorders.

Out of 100 patients, 53 percent belonged to the age group of less than 20 years. 68 percent of the subjects were males while the remaining were females. In 77 percent of the subjects, the type of family was nuclear. 42 percent of the subjects were student while 41 percent of the subjects were unemployed. 41 percent of the subjects were of middle class while 38 percent of the subjects were of lower class according to modified kuppuswamy scale. Gul D et al assessed the socio-demographic profile and pattern of substance abuse among patients presenting to a deaddiction centre in a teaching hospital of Punjab. A cross-sectional hospital based study was conducted from April 15, 2016 to June 15, 2016. Three hundred consecutive treatment seeking subjects, fulfilling American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders - IV-TR criteria for substance-dependence were included in the study. Opioids were abused by 179 (59.67%) and alcohol by 87 (29%) of the patients. The age of initiation was below 27 years in 81.67% of the patients. As regards the reason behind initiation, improved sexual performance (25.33%) and peer pressure (25%) were two most important reasons cited. Opioids were the most frequently abused substances followed by alcohol and has become one of the major public health problem of the society.¹⁰

History of drug overdose was seen in 39 percent of the patients. In 41 percent of the patients, type of opioid use was heroin while in 21 percent of the patients, it was tramadol. Route of opioid use was oral, intravenous and inhalation in 32 percent, 35 percent and 33 percent of the patients respectively. Majumder, Udayan et al studied the sociodemographic and clinical profile of drug treatment seekers attending a State Psychiatric Hospital and De-addiction Center of Northeastern India. It was a cross-sectional hospital-based study conducted from October 2018 to August 2019. Two hundred and ten consecutive treatment-seeking patients, fulfilling inclusion and exclusion criteria and diagnosed with the International Classification of Diseases version 10 for substance dependence, were included in the study. Most common abused drug was opioids (42.9%), followed by alcohol (14.3%), whereas 29.0% were people who inject drugs. Peer pressure in 55.2% and curiosity in 32.9% were reported to be the most common causes for initiating substances. Hepatitis C was the most common (52.4%) comorbidity related to intravenous drug

users. Results of their study will definitely encourage further large-scale community-level studies to assess the prevalence of substance abuse in the state as well as in drug policymaking.¹¹

CONCLUSION

From the above results, the authors conclude that a relatively young age group is involved in opioid addiction and, therefore, many years of their productive life are lost in substance abuse.

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