



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

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Substance Abuse - Dual Diagnosis

What is Dual Diagnosis?

A person who has both an alcohol or drug problem and an emotional/psychiatric problem is said to have a dual diagnosis. To recover fully, the person needs treatment for both problems.

How Common Is Dual Diagnosis?

Dual diagnosis is more common than you might imagine. According to a report published by the *Journal of the American Medical Association*:

- Thirty-seven percent of alcohol abusers and fifty-three percent of drug abusers also have at least one serious mental illness.
- Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drugs.

What Kind of Mental or Emotional Problems are Seen in People with Dual Diagnosis?

The following psychiatric problems are common to occur in dual diagnosis - i.e., in tandem with alcohol or drug dependency.

- ☐ Depressive disorders, such as depression and bipolar disorder.
- ☐ Anxiety disorders, including generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, and phobias.
- ☐ Other psychiatric disorders, such as schizophrenia and personality disorders.

The following table based on a National Institute of Mental Health study, lists seven major psychiatric disorders and shows how much each one increases an individual's risk for substance abuse.

Psychiatric Disorder	Increased Risk For Substance Abuse
Antisocial personality disorder	15.5%
Manic episode	14.5
Schizophrenia	10.1
Panic disorder	4.3
Major depressive episode	4.1
Obsessive-compulsive disorder	3.4
Phobias	2.4