



Center for Behavioral Health Studies

Primary Care and Co-Occurring Disorders

CO-OCCURRING DISORDERS

The relationships between mental health and physical health are complex, and the excess morbidity and mortality of those with mental health and substance abuse disorders cannot be completely explained by behavioral factors.

Mental and substance abuse disorders often co-occur with medical illnesses. The presence of these disorders is frequently unrecognized and, therefore, they are not treated effectively. Depression has been the most widely examined of these disorders. Up to 14% of medical inpatients and 10% of patients in primary care settings have depression with other medical illnesses. Several physical health issues demonstrate this complexity.



Coronary Heart Disease

- Depression occurs in 40-65% of patients who have experienced a heart attack and in 18-20% of people who have coronary heart disease, but who do not have a heart attack.
- Depression may be an independent risk factor for death in patients who have experienced a heart attack and others with coronary heart disease.
- Depression has been associated with increased risk of developing coronary heart disease.

Diabetes

- People with adult onset diabetes have a 25% chance of having depression, and almost 80% have a re-occurrence of depression during a 5-year follow-up period.

- Depressed patients have increased insulin resistance compared with non-depressed patients.

Cancer

- One in four people with cancer also suffers from depression.
- There has been some evidence that people with depression are at greater risk for various cancers. Recent studies have found that women with depression were at increased risk of breast cancer.

Stroke

- Depression occurs in 10% to 27% of stroke survivors and usually lasts about one year.
- An additional 15-40% of stroke survivors experience some symptoms of depression within two months after the stroke.

HIV/AIDS MENTAL HEALTH & SUBSTANCE ABUSE

- It has been estimated that 22-32% of HIV-infected patients have depression.
- There is evidence that depression may hasten progression of HIV to AIDS.
- In up to 10% of HIV patients, a neuropsychiatric condition may be the first sign of the disorder.
- Substance abuse increases the risk of HIV infection through risky behaviors, such as unprotected sex while under the influence and injection drug use. Over 59% of AIDS cases among women are linked to injection drug use or sex with men who inject drugs.

DEPRESSION AND OTHER MENTAL ILLNESSES

- Depression often occurs with other mental disorders, such as anxiety or eating disorders.
- Between 50 and 75% of eating disorder patients (anorexia nervosa and bulimia) have a lifetime history of major depressive disorder.

Center for Behavioral Health Studies

- Depression co-exists in 13% of patients with a panic disorder.
- Between 10 and 30% of children with Attention-Deficit/Hyperactivity Disorder (AD/HD) and 47% of adults with ADHD also have depression.
- 37% of alcohol abusers and 53% of drug abusers have at least one serious mental illness.
- Of all people diagnosed with mental illness, 29% abuse either alcohol or drugs.

MENTAL ILLNESS AND SUBSTANCE ABUSE

Mental disorders often co-exist with alcohol or other substance abuse disorders.

- One in three depressed people suffers from some form of substance abuse or dependence.

TREATMENT FOR CO-EXISTING ILLNESSES

With co-occurring problems, both problems should be treated simultaneously. However, if one problem is substance abuse, the first step of treatment must be detoxification to allow the body to cleanse itself of alcohol or other drugs. Once this is accomplished, both illnesses should be treated simultaneously.



Center for Behavioral
Healthcare Studies

Rimrock Foundation
P.O. Box 30374
Billings, MT 59107

Nonprofit Org
U.S. Postage
PAID
Billings, MT
Permit #142

For further information on Rimrock Foundation's treatment of Co-Occurring Disorders, call Jen Porter, Admissions Supervisor, at 1-800-227-3953 or 1-406-248-3175, or visit our website at www.rimrock.org. For more educational information on Co-Occurring Disorders, contact the Rimrock Foundation Library at 1-800-227-3953 or 1-406-248-3175.