

What is the Dual Disorder?

Silvia Hernando Sanz*

Psychologist, Manager of Centro Acción Tratamiento Adicciones, Spain

***Corresponding Author:** Silvia Hernando Sanz, Psychologist, Manager of Centro Acción Tratamiento Adicciones, Spain.

Received: September 18, 2018; **Published:** October 31, 2018

The Dual disorder refers to those people who present in a simultaneous way two psychological disorders, concretely an addiction and another disorder.

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Dual-Diagnosis>

The consumption of substances is often associated with the presence of another psychological pathologies, which were either present before the beginning of consumption or they're generated from the consumption of substances.

People who have a psychological disorder and consume substances in order that their symptoms prove. Example: presence of depression and alcohol consumption.

People who have an addiction and as a result of the consumption of substances and individual factors develop another disorder. Example: consumption of cannabis and development of psychotic disorder.

In the last years, there had been an increase in the number of cases of dual pathology. European studies (<http://www.emcdda.europa.eu/system/files/publications/1988/TDXD15019ENN.pdf>) indicate that the appearance of another psychological disorder is higher between the consumer population (amphetamines, cocaine or heroin) that between the population that doesn't consume. These facts show that the consumption of substances is a factor of vulnerability for the development of another mental pathology.

Depression and dual disorder

In reference to the disorders that appear more frequently associated with the consumption of substances, studies carried out in the USA, Austria or in the European Union match that depression is one of the most frequent (between 12 and 80%, approximately).

Patients who have an addiction often have guilty feelings, difficulties in managing of their life, in the capacity of making decisions, weak motivation, between another's, which joined to the lack of control can derive in the growth of depression.

However, the presence of a state of mind disorder can give place for itself to the substance's consumption, whether it is a very positive state (euphoria or mania) or negative (depression). The purpose of consumption is to achieve a well-balanced mood, easing or getting better the symptoms.

Which are the substances that are consumed most frequently in cases of depression?

- When it comes to euphoria's states, consumption is usually given in huge quantities, being alcohol, stimulants or cannabis, the substances of major choice.
- In case of states with a depressing tendency, the habitual consumption is usually alcohol or cannabis, being substances that contrary to what is intended to enhance, increase the sadness and the unrest.

These patients present more difficulties to maintain a positive therapeutic evolution and an adequate functioning in their everyday life.

Other disorders related with the addictions

Another disorder that commonly coexists with substance's abuse disorders is schizophrenia (between 30-60% approximately). If the schizophrenia had appeared before the consumption, the patient will have more difficulty to stop the consumption and not to relapse.

The consumption of substances can give place to the development of psychotic episodes and, therefore, finally develop schizophrenia. Actually, it's a type of dual pathology that raises worrying due to the frequent emergence of psychosis in the youngest cannabis users.

Which substances are the most common for the development of schizophrenia?

The substances most frequently consumed by patients with psychosis are alcohol, cannabis and cocaine.

Finally, other disorders related to substance use are personality disorders, especially borderline type (characterized by the presence of strong ups and downs and emotional instability, realization of risk conducts and high impulsivity) and antisocial (characterized by conducts that don't respect the rights of the others, with criminal tendency). The combination of an addiction with some of the above-mentioned disorders results to the presence of bigger risk behaviors in these patients, as well as bigger difficulties to continue the treatment.

Volume 7 Issue 11 November 2018

©All rights reserved by Silvia Hernando Sanz.