The comorbidity of mental health problems and alcohol use in England:
Findings from a representative population survey

Jo-Anne Puddephatt[1], Andrew Jones[1], Suzanne H. Gage[1], Nicola T. Fear[2], Matt Field[2], Sally McManus[5], Orla McBride[4], & Laura Goodwin[1,2]

[1]University of Liverpool, [2]King's College London, [3]University of Sheffield, [4]Ulster University, [5]NatCen

Background

- Approximately **19%** of adults in the England drink at **hazardous or harmful levels** (1)

- **1 in 6** adults report symptoms of **common mental disorder (CMD)** (2)

- It is known that alcohol use and mental health problems co-occur, particularly among some depressive and anxiety disorders (3), but it is not known how this pattern varies (4)

- Some research has shown how alcohol use co-occurs across a range of mental health problems but this is limited to research outside of the United Kingdom (5)

About the dataset

- The Adult Psychiatric Morbidity Survey (APMS) is a national survey of mental wellbeing in England

- The survey is conducted every seven years since 1993

- It uses validated measures to assess symptoms of a range of mental health problems

Aims

To examine how alcohol use in England differs between those with and without symptoms of CMD

Methods
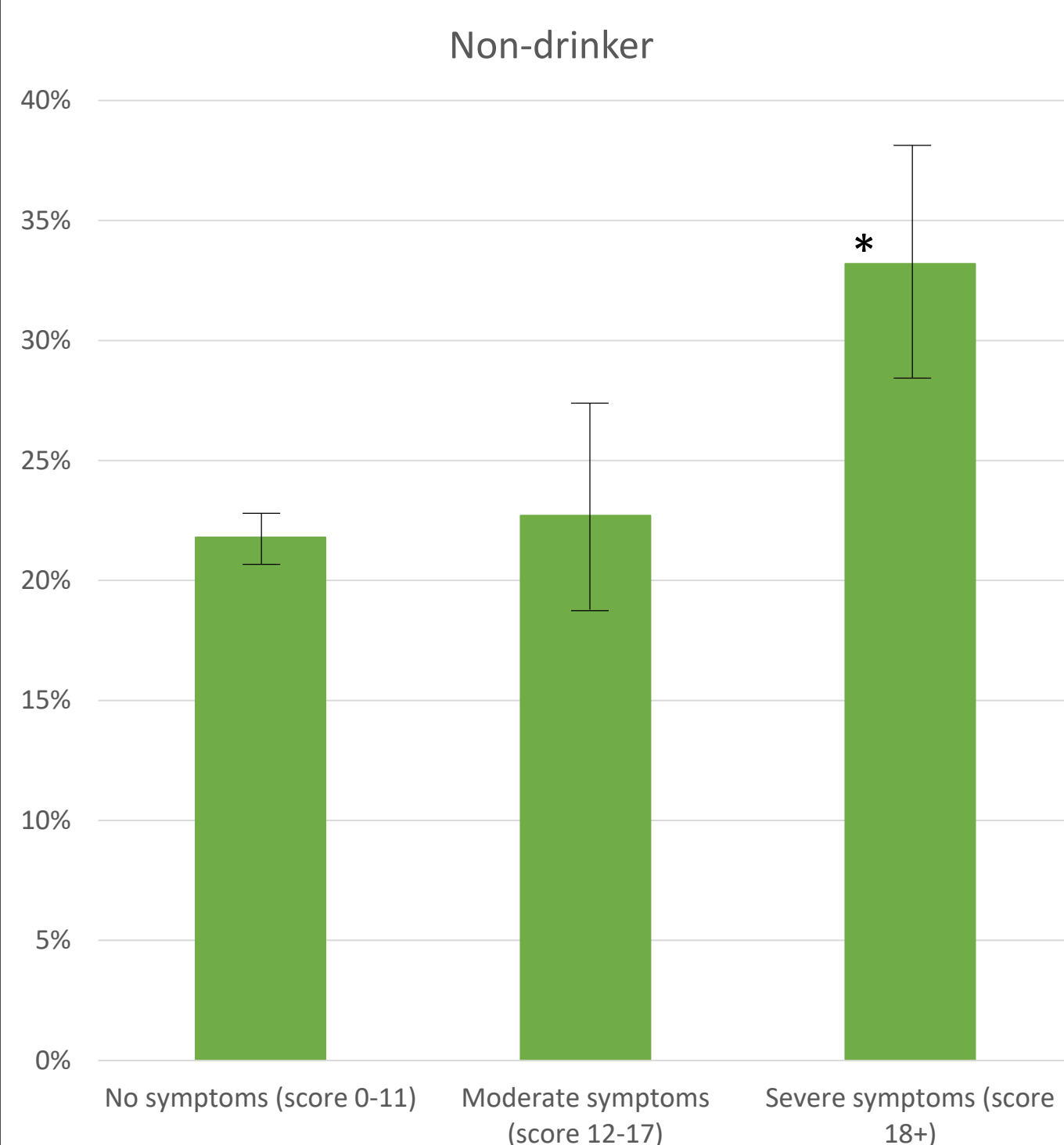
Data: 2014 APMS (N = 7,218)

Measures

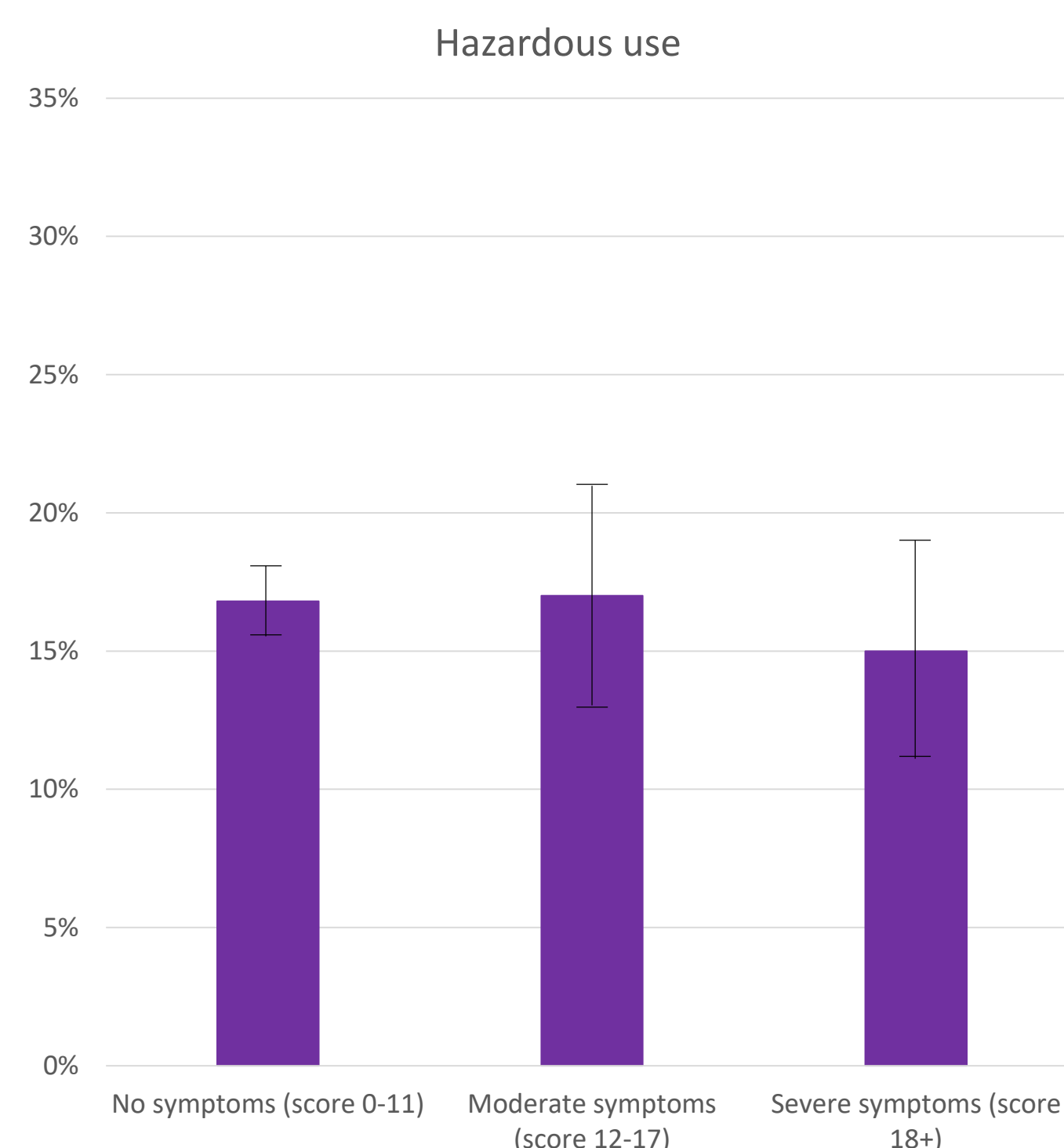| Alcohol use	CMD	Demographic and socioeconomic characteristics
Alcohol Use Disorder Identification Test Categorised as: **Non-drinker** **Low risk (reference)** **Hazardous use** **Harmful/probable dependence**	Clinical Interview Schedule-Revised Categorised as: **No symptoms (reference)** **Moderate symptoms** **Severe symptoms**	Gender Age Marital status Having children in household Education Occupational grade Housing tenure

Statistical analysis
- Weighted prevalence estimates and 95% confidence intervals were calculated using cross-tabulation
- Multinomial logistic regression was used to determine the strength of the association between alcohol use and having symptoms of CMD after adjusting for demographic and socioeconomic characteristics
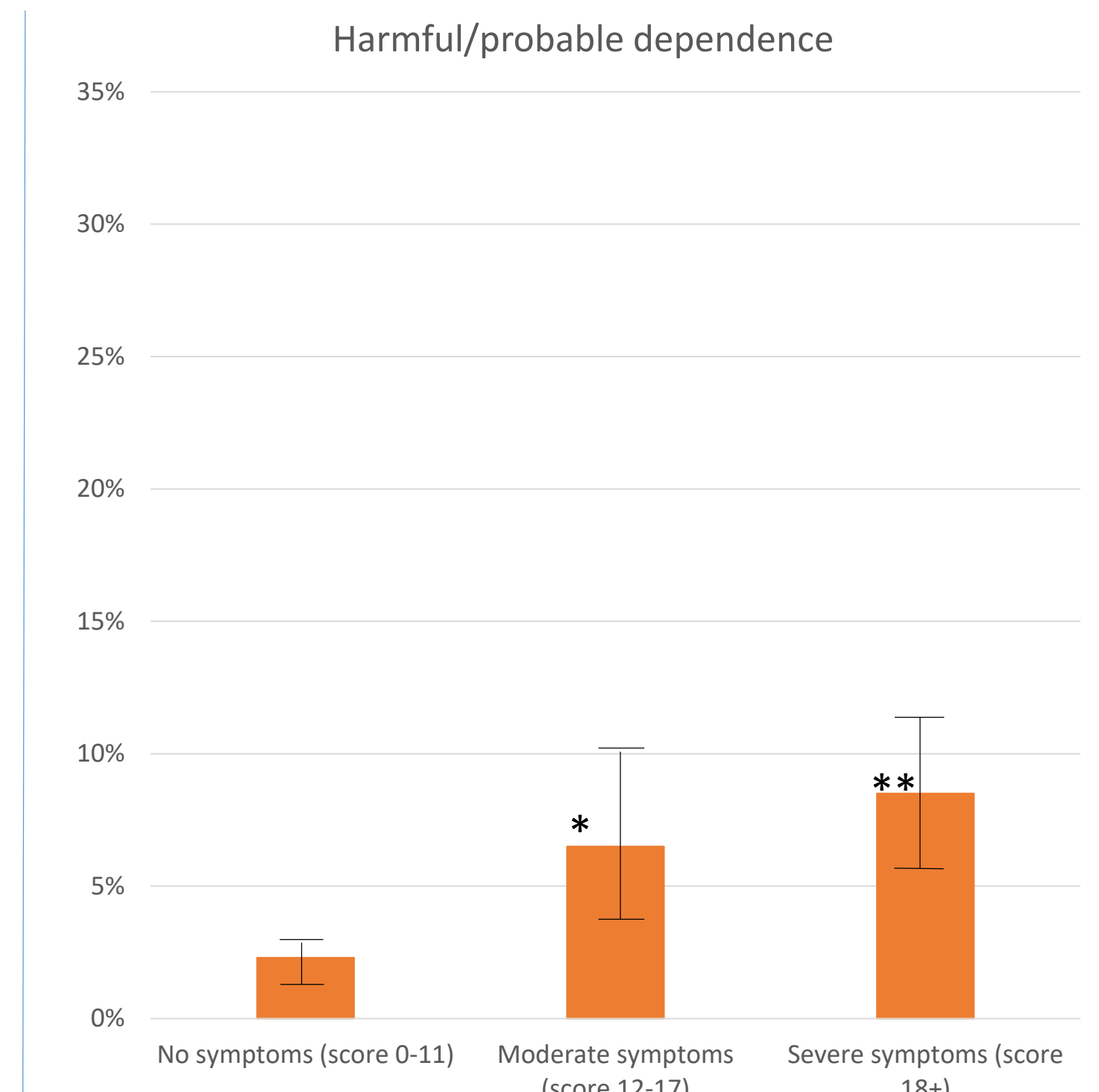
Results

Non-drinker

Hazardous use

Harmful/probable dependence

There was a **significant** association between having severe symptoms of CMD and being a non-drinker

*Those with **severe symptoms of CMD** had **twice** the odds of being a **non-drinker** (MOR=2.08, 95% CI=1.67-2.59)

There was **not** a significant association between having symptoms of CMD and hazardous use

*Those with **moderate symptoms** of CMD were **three times more likely** to report **harmful/probable dependence** (MOR=3.34, 95% CI=2.02-5.54)

Those with **severe symptoms were **five times more likely** to report **harmful/probable dependence** (MOR=5.01, 95% CI=3.32-7.58)

Conclusions

Our findings suggest that having **severe symptoms of CMD**, compared to those without, are more likely to be either **non-drinkers** or report **harmful/probable dependence**

This suggests that after accounting for demographic and socioeconomic factors, having symptoms of CMD is associated with alcohol use and non-use

Future directions

To examine this comorbidity across a range of mental health problems and examine differences between different socioeconomic groups

Corresponding author: Jo-Anne Puddephatt

E:joannep@liverpool.ac.uk Twitter:@JoPuddephatt

References
1. Drummond C, McBride, O., Fear, N., Fuller, E. 'Chapter 10: Alcohol dependence' in McManus S, Bebbington P, Jenkins R, Brugha T. (eds) Mental health and wellbeing in England: Adult Psychiatric Morbidity Survey 2014. . Leeds; 2016.
2. Stansfeld S, Clark C, Bebbington P, King M, Jenkins R, Hinchliffe S. Common mental disorders: Adult Psychiatric Morbidity Survey 2014. NHS Digital. 2016.
3. Lai, H. M. X., Cleary, M., Sitharthan, T., & Hunt, G. E. (2015). Prevalence of comorbid substance use, anxiety and mood disorders in epidemiological surveys, 1990–2014: A systematic review and meta-analysis. *Drug and alcohol dependence*, 154, 1-13.
4. Bell S, Britton A. An exploration of the dynamic longitudinal relationship between mental health and alcohol consumption: a prospective cohort study. BMC medicine. 2014;12(1):91.
Grant, B. F., Goldstein, R. B., Saha, T. D., Chou, S. P., Jung, J., Zhang, H., ... & Hasin, D. S. (2015). Epidemiology of DSM-5 alcohol use disorder: results from the National Epidemiologic Survey on Alcohol and Related Conditions III. *JAMA psychiatry*, 72(8), 757-766.

SSA SOCIETY FOR THE STUDY OF ADDICTION

UNIVERSITY OF LIVERPOOL