



## Correlation between Severity of Alcohol Dependence and Age of Onset of Alcohol Consumption Behaviour

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### Abstract

Alcohol use ailment are common in all evolved international locations, and are extra standard in guys than girls. Substance associated issues have become remember of global concern due to effect on individual fitness, familial and social results, crook and felony problems and the effects at the countrywide productivity and economy. The aim of the have a look at is to evaluate the connection between the age of onset of problem drinking and severity of alcoholism in a rural putting. 100 consecutively admitted sufferers with ADS (Alcohol dependence syndrome) of age institution 18 and above were recruited for the observe and the relationship among the age of onset of hassle consuming and severity of alcoholism become obtained.

**Keywords:** Age of onset of trouble drinking, AUDIT, CIWA-AD and SADQ.

### Introduction

According to the World Health Organisation (WHO), Alcohol use problems accounts for 1.Four% of the global disease burden. Globally alcohol intake causes three.2% of deaths and four. Zero% lack of incapacity adjusted life 12 months.

A diminished age of onset has also been associated with extended severity of alcoholism and later development of alcohol dependence. Evidence shows that the early age of onset is associated with aggression, problems with law; social position maladaptation, lack of behavioral manage when consuming, and youth criminality. Some of the motives said for initiation of alcohol use early in life have been stress from peer groups, experimentation, and curiosity. Varma et al.<sup>(7)</sup> discovered that early-onset alcoholics (age at onset of alcohol dependence 25 years or less) were younger, had a bigger percentage of first-diploma

relatives with both lifetime use and abuse/dependence of alcohol, however no longer of other psychoactive materials, and they had skilled a greater wide variety of alcohol-associated problems in the previous 12 months. They have been additionally better sensation seekers and tended to display aggression, violence, and standard disinhibition while ingesting.

### Aim

To have a look at the connection among the age of onset of trouble ingesting and severity of alcoholism

### Methodology

#### Setting

Study may be performed in Rajah Muthiah Medical College and Hospital, Chidambaram.

In-sufferers admitted in psychiatric ward with alcohol dependence syndrome might be recruited.

### Sample

One hundred consecutively admitted patients with ADS (Alcohol dependence syndrome) of age group 18 and above.

### Inclusion Criteria

- 1) Adult male in patients with a diagnosis of alcohol dependence syndrome in line with the ICD- 10 type of intellectual fitness and behavioural problems.<sup>(4)</sup>
- 2) Age organization 18 and above

### Exclusion Criteria

- 1) Age under 18 years
- 2) Significant bodily contamination in patient in which interviewing cannot be achieved three. Patients not consenting for the study.

### Tools Used

CIWA-AD (Clinical Institute Withdrawal Assessment for Alcohol)

AUDIT (Alcohol use issues identification check)

SADQ (Severity of alcohol dependence questionnaire)

### Interview

Consecutively admitted male sufferers in psychiatry ward with alcohol related problem have been recruited for the have a look at. The nature of the examine and its goals become defined to the patients and his family and a written knowledgeable consent became acquired from the patient in addition to his family members. These subjects were first administered Clinical Institute Withdrawal Assessment for Alcohol (CIWA-AD) to rule out any continual alcohol withdrawal signs and symptoms. CIWA-AD<sup>(8)</sup> is an 8-object scale for clinical quantification of the severity of the alcohol withdrawal syndrome. Subjects scoring much less than 8 on CIWA-AD were then administered Alcohol Use Detection Inventory Test (AUDIT)<sup>(6,9)</sup> and best topics scoring extra than a rating of 8 on AUDIT were included within the examine. AUDIT has been has been confirmed and widely used in India.<sup>(10)</sup> Subjects

who were medically too sick to cooperate inside the interview and had been associated with predominant psychiatric ailments, inclusive of psychosis, dementia, amnesic syndromes, and bipolar affective ailment have been excluded. The topics have been then administered a semi-dependent proforma and different measures in a particular collection, so that it will reduce bias. We assessed the severity of alcoholism the use of Severity of Alcohol Dependence Questionnaire (SADQ).<sup>(11)</sup> This is a 20-item, self-rated questionnaire, which has been advanced to offer a brief and replicable method of assessing the severity of alcohol dependence. It has a excessive diploma of take a look at-retest reliability and a very good proof of construct and concurrent validity. Next, we assessed the age of onset of initiation, the use of the definition described by using Grant et al., which defines the age of onset of initiation, because the "age at which they first began ingesting, no longer counting small tastes or sips of alcohol". The age of onset of Problem-drinking and dependence turned into assessed the use of the alcohol-use segment of SCAN. Only the age of onset of initiation and Problem-ingesting was used for this study.

## Results

### Residence

Type of Residence	Frequency	Percentage
Rural	61	61.0
Urban	39	39.0
Total	100	100.0

### Education

Educational status	Frequency	Percentage
Uneducated	14	14.0
Primary	41	41.0
Secondary	29	29.0
Degree	16	16.0
Total	100	100.0

### Occupation

Occupation	Frequency	Percent
Coolie	26	26.0
Farmer	21	21.0
Employed	37	37.0
Self employed	8	8.0
Unemployed	8	8.0
Total	100	100.0

**SADQ**

	Frequency	Percent
Mild	14	14.0
Moderate	23	23.0
Severe	63	63.0
Total	100	100.0

TEST VARIABLES	No. of Sample	Mean	SD
Age of onset of alcoholism	100	20.30	6.04
Duration of alcoholism	100	12.52	7.47
SADQ	100	29.60	8.39

**Independent sample t-test**

- 1) Age of onset of Alcoholism Vs Duration of Alcoholism

t- Test value is 8.129

Degrees of freedom 198

P – Value is 0.000

- 2) Age of onset of Alcoholism Vs SADQ

t- Test value is 8.966

Degrees of freedom 198

P – Value is 0.000

The relation between age of onset versus duration of alcoholism and SADQ was found to be statically significant.

Chi-Square test for association of Place, Education and Occupation Vs SADQ

Place	SADQ			Total
	Mild	Moderate	Sever	
Rural	5	14	42	61
Urban	9	9	21	39
Total	14	23	63	100

Chi-square value is 4.613 with p-value is 0.100.

Education	SADQ			Total
	Mild	Moderate	Sever	
Uneducated	2	2	10	14
Primary	2	9	30	41
Secondary	6	8	15	29
Degree	4	4	8	16
Total	14	23	63	100

Chi-square (Fisher’s Exact test) value is 7.823 with p-value is 0.234.

Occupation	SADQ			Total
	Mild	Moderate	Sever	
Coolie	2	6	18	26
Farmer	2	3	16	21
Employed	10	9	18	37

Self employed	0	2	6	8
Un employed	0	3	5	8
Total	14	23	63	100

Chi-square (Fisher’s Exact test) value is 9.411 with p-value is 0.264.

The courting between elements including residence, educational status and occupation with SADQ had been located to be statistically insignificant.

It was discovered that majority of the sample belonged to rural historical past accounting to sixty one% and the last 39% belonging to city and semi city populace. It is to be noted that 41% of instances has obtained no less than primary training. Majority of cases in this look at constructed from hired men and women (37%) and coolie employees (26%).

Analysing the test variables it changed into observed that the imply age of onset of alcoholism became discovered to be 20.30±6.04 yrs and the period of alcoholism turned into 12.52yrs and with decrease the age of onset higher changed into the severity of alcoholism as indicated via SADQ rankings.

Around 63% of the topics had intense alcohol dependence accompanied by means of 23% and 14% with mild and slight alcohol dependence respectively as indicated by way of SADQ rankings.

Using independent pattern t take a look at it become discovered that the relation between age of onset as opposed to duration of alcoholism and SADQ became discovered to be stastically large. (P–Value is zero.000)

But the connection among factors including house, academic repute and career with SADQ were observed to be statistically insignificant. P-value is zero.264.

**Discussion**

De Wit DJ et al<sup>(1)</sup> First use of alcohol at a while 11-14 significantly heightens the danger of development to the improvement of alcohol problems and therefore is an affordable goal for

intervention techniques that are looking for to put off first use as a means of warding off problems later in lifestyles.

Similarly in my look at, whilst the age of onset fell below 15yrs of age the severity of alcohol related issues additionally spiked subsequently necessitating an early intervention in at danger individuals.

Pitkanen T, Lyyra AL, Pulkkinen L.<sup>(2)</sup> Age of onset of consuming and the use of alcohol in adulthood: a observe-up look at from age 8–42 for ladies and males. People who started ingesting at age thirteen or younger had appreciably elevated frequency of alcohol use and binge consuming in maturity than individuals who started out ingesting at age 18 or later.

However in my examine no such enormous distinction was located, as an age of onset of consuming under 18yrs had uniformly expanded SADQ scores indicating elevated frequency of alcohol use. And also the age restrict in our take a look at become from 18-65yrs and our observe sample did now not encompass girls due to the low occurrence.

Ralph Hingson, Sc.D., and colleagues.<sup>(3)</sup> The researchers centered on a subset of 4,778 NESARC members whose survey responses indicated that they were alcohol structured at some point of their lives. “Our analyses located that almost half of those individuals have become alcohol based earlier than age 21 and about two-thirds before age 25, at the same time as about 20 percentage became alcohol dependent at age 30 or older,” Hingson explained in a NIAAA press release.

“The odds of ever looking for help had been lower amongst the ones first dependent before a long time 18, 20, and 25 as compared with people who first have become alcohol dependent at age 30 and above, irrespective of the quantity of dependence standards they met,” Hingson talked about. “Yet those who had been first structured before age25 had extensively extra odds of experiencing more than one dependence episodes, episodes exceeding 365 days, and greater

dependence symptoms, even after controlling for numerous demographic and behavioral characteristics associated with early onset of alcohol dependence.”

In our examine extra than half of the look at pattern have become alcohol dependent before the age of 20yrs ranging to 65% and 30% among the age of 20-30yrs and remaining five% above 30yrs of age.

However in our take a look at the age of seeking help had been higher amongst the ones first structured before the age of 25yrs while compared with folks who became established above 30yrs however the sample of dependence amongst those individuals had been no longer studied.

### Conclusion

Hence the contemporary look at concluded the following with early age of onset of ingesting and alcohol dependence, there have been intense tiers of alcohol dependence with higher SADQ rankings.

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