Substance use among outdoor treatment-seeking patients with mental illness: A case–control study from a tertiary care hospital of northern India

Mona Srivastava, Shobhit Jain, Ashok Patel

Abstract:
BACKGROUND: Substance abuse and mental disorder often coexist and may cause several consequences in sociooccupational functioning and health care and management. Indian data are sparse in this area.
OBJECTIVES: The aim of the study was to examine the sociodemographic profile, pattern, and prevalence of alcohol and substance use among person suffering with mental illness and to compare with those without mental illness.
METHODS: A total of 80 treatment-seeking patients with mental illness and 80 nontreatment seeking healthy accompanying persons were assessed for current substance use. Mental illness was screened using Structured Clinical Interview for DSM-IV Axis I Disorders and the diagnosis was made as per DSM IV, semi-structured sociodemographic pro forma was also applied. The data collected were analyzed using the Chi-square and Student's t-test.
RESULTS: Substance use was found 2.5 times higher among cases (56.2%) than controls (22.5%). Substance-using participants comprised mainly males belonging to rural residence. The substance using cases were more unmarried, less educated, poorer economically, and more nuclear family structures that substance-using controls. When compared with non-substance using cases, cases with substance use had more males than females and lower education. Although both groups were almost similar in term of marital status, family structure, residence, and socioeconomic status. Among both groups, most common substance use was tobacco, followed by alcohol and cannabis. Although all the substances were more prevalent among cases than controls. The prevalence of any substance use was highest among cases with psychotic disorder (77.3%), followed by unipolar depression (62.5%), bipolar affective disorder (41.7%), and anxiety disorders (21.4%). Tobacco and cannabis use was most prevalent among cases suffering with psychotic disorders, whereas alcohol use was most prevalent among cases suffering with unipolar depression.
CONCLUSIONS: Mentally ill individuals are vulnerable to develop substance use, thus they are doubly jeopardized. The susceptibility of these individuals stem from lesser insight, need for stimulation, to decrease the anhedonia induced by psychoactive medicines and poor awareness hence this group of individuals has several health and social consequences; therefore, they require due attention. A better care, support, and education are needed for substance using patients with mental illness to improve their prognosis and also help in their appropriate rehabilitation.

Keywords:
Epidemiology, mental disorders, prevalence, substance-related disorders

How to cite this article: Srivastava M, Jain S, Patel A. Substance use among outdoor treatment-seeking patients with mental illness: A case–control study from a tertiary care hospital of northern India. J Edu Health Promot 2018;7:75.
Introduction

The mental illness and addictive disorders are among most burdensome disorders (Global Burden of Disease study)\(^1\) and often coexist but go undetected.\(^2,3\) Substance use disorder (SUD) in people with mental illness is associated with poor treatment compliance, course and outcome, higher homelessness, more unemployment, criminal offences, suicide, and poorer overall functioning whereas a reduction in substance use is associated with a reduction in subsequent admissions and symptoms.\(^4,5\)

Large epidemiological studies are available from developed part of the world, which have investigated the prevalence of SUD among person with mental illness,\(^6‑11\) however from India only one such study by Dubé and Handa has been reported from a city of Agra.\(^12\) Further, there are some recent research highlighting the comorbidity of substance dependence and mental illness, Saddichha et al. studied subjects with SUDs and comorbid schizophrenia and bipolar affective disorder (BPAD) with patients of only SUDs. The two groups were compared for age, sex, and nicotine use. They found that amount of substance used was higher in the group with comorbid diagnosis and the commonest substance used was cannabis and then alcohol. Hundred cannabis dependence and alcohol dependence. A review study by Srivastava et al. on dual diagnosis of substance use and psychiatric disorders was limited in comprehensiveness percentage patients of schizophrenia, and 80% of the patients of mood disorders (BPAD) were suffering and included only a limited number of Indian studies on the subject.\(^13‑15\)

A couple of large epidemiological studies are available from India investigating prevalence and pattern SUDs and mental disorders among general population separately.\(^16‑18\) Furthermore, a few small hospital-based Indian studies have assessed for prevalence and pattern of comorbid SUD and patients with mental illness.\(^19‑23\)

The cultural differences across different locations play an important role and can influence the pattern and prevalence of substance abuse. Therefore, a proper comparison of comorbid SUD is required, among patients with mental illness and among persons without mental illness, belonging to similar community. To the best of our knowledge, very few such studies are available. Substance use and mental illness can lead to significant disability-adjusted life years and the awareness regarding mental illness is also poor in this part of the country; hence for proper management of these disorders, the extent and seriousness of the problem has to be assessed. Therefore, to provide comprehensive management, rehabilitation, prevention, and to frame a proper regional health policy such research is required, and need to be conducted from time to time reported routinely from different regions of the country.

The aim of present study was to examine the sociodemographic profile, pattern, and prevalence of alcohol and substance use among person suffering with mental illness and to compare with those without mental illness.

Methods

The study was carried out at Institute of Medical Sciences, Banaras Hindu University, Varanasi, a premier tertiary care hospital situated at northern part of India, catering to the medical needs of an approximate 15 crores population belonging to five states. A total of 80 cases and 80 controls were recruited. The sample size was decided by reviewing the past record of attendance of patients and also the time available; as this study was a part of postgraduate doctoral thesis; hence, the data collection was limited to 18–20 months. Cases were persons currently suffering from mental illness and registered in outdoor patient service of our department, whereas controls were persons accompanying with patients, who were neither seeking any treatment nor had suffered from any mental illness, except SUDs, all mental disorders were considered in the assessment. Usually, the psychotic and mood disorders are frequently reported in the outpatient walk-in set up, and this is true to the literature reviewed. Individuals not willing for consent or suffering with other comorbid medical condition were excluded. The study was started after approval from Ethics Committee of our institute. After formal consent, all participants were administered sociodemographic pro forma, Structured Clinical Interview for DSM-IV Axis I Disorders (SCID-I). All participants were assessed for current substance use.

Instruments and tools

Sociodemographic pro forma was used by investigators which is a semi-structured interview of sociodemographic variables such as age, sex, religion, marital status, education, occupation, monthly income, and residence this interview schedule was specifically developed for his study. SCID-I (First et al., 1995) is a highly reliable semi-structured interview used to assess lifetime or current (past 1 month) axis 1 psychiatric disorders. It is administered by a clinician or trained mental health professional and takes about 1 h.

Analysis

Data were analyzed using IBM SPSS Statistics version 20, United States. Sociodemographic variables were described. Frequencies and percentages were used to describe the data. Due to small sample size and the data being not uniformly distributed, nonparametric tests were used. We could not
attempt any further statistical methods as the data were neither uniformly distributed nor the data available was huge. Categorical data were analyzed using Chi-square analysis, whereas continuous variables using Student’s *t*-test. A significance level of 5% was used (*P* = 0.05).

**Results**

**Sociodemographic profile**

A total of 80 cases and 80 controls were included, majority comprised of males (69% vs. 81%; *P* = 0.07), Hindu (90% vs. 96%; *P* = 0.12), married (73.8% vs. 76.2%; *P* = 0.715), nuclear family (60% vs. 56%; *P* = 0.63), and rural residence (73% vs. 69%; *P* = 0.39). Mean age for cases (32.02 years ± 10.39) was similar to controls (32.36 years ± 9.45; *t* = 0.22, *P* = 0.83). Cases were less educated (0–8 years: 35.0% vs. 13.8%; 8–12 years: 36.2% vs. 47.5%; >12 years: 28.8% vs. 38.8%; *χ²* = 9.8, *P* = 0.007), more unemployed (41% vs. 29%; *P* = 0.25), and socioeconomically poor (74% vs. 40%; *χ²* = 18.76, *P* < 0.001) than controls.

**Illness profile**

As mentioned in inclusion criteria, all controls were free from psychiatric illness. Whereas, the included cases were suffering from unipolar depression, namely, major depressive disorder and dysthymia (40%), psychosis, namely, schizophrenia, schizo-affective disorder, persistent delusional disorder, acute and transient psychotic disorder (21%), BPAD (15%), and the remaining 17.5% with anxiety disorders (viz., obsessive–compulsive disorder, generalized anxiety disorder, somatization disorder, posttraumatic stress disorder, and panic disorder).

**Substance use profile**

Substance use was found significantly higher among cases (56.2%) than controls (22.5%; *χ²* = 19.08, *P* < 0.001). Among substance using participants, both groups mainly comprised of males (86.7% vs. 88.9%) and rural residence (75.6% vs. 66.7%). The substance using cases were more unmarried (24.4% vs. 5.9%), nuclear family (62.2% vs. 27.8%), less educated (42.2% vs. 16.7%), and socioeconomically poor (68.9% vs. 38.9%), when compared with controls.

When compared with cases without substance use, cases with substance use mainly comprised of males (86.7% vs. 45.7%) and lower education (42.2% vs. 25.7%). Whereas both groups consisted mainly married (73.6% vs. 71.4%), nuclear family (62.2% vs. 57.1%), rural residence (75.6% vs. 68.6%), and poor socioeconomic status (68.9% vs. 80%).

**Pattern of substance use**

Tobacco was the most common substance used by cases (48.8%) and controls (18.8%). It was used alone (31% cases vs. 9% controls), and along with other substances (17.5% cases vs. 10% controls). Alcohol was the second-most common used (25% cases vs. 13.8% controls), alone (7.5% cases vs. 3.8% controls) as well as along with other substances (17.5% cases vs. 10% controls). Whereas cannabis was only used along with other substances (7.5% cases vs. 5% controls).

**Relation between substance use and illness profile**

Cases with substance use (*n* = 45) constituted patients with unipolar depression (44.4%), psychotic disorder (37.8%), BPAD (11.1%), and anxiety disorders (6.7%), whereas cases without substance use (*n* = 35) constituted patients with unipolar depression (34.2%), anxiety-related disorders (31.4%), BPAD (20.0%), and psychotic disorder (14.3%). The prevalence of any substance use was highest among cases with psychotic disorder (77.3%), followed by unipolar depression (62.5%), BPAD (41.7%), and anxiety disorder (21.4%). Tobacco was most prevalent among cases suffering with psychotic disorders (73%), followed by unipolar depression (50%), BPAD (33%), and anxiety disorders (20%). Alcohol was most prevalent among cases suffering with unipolar depression (67%), followed by psychosis (27%), BPAD (25%), and anxiety disorders (7%). Whereas cannabis was most prevalent among cases suffering with psychotic disorders (18%) followed by unipolar depression (13%) and BPAD (8%).

**Discussion**

This is one of the few cross-sectional case–control studies of outpatients at psychiatry department tertiary care center of India, especially from the northern part of the country, which provides important data regarding substance abuse among psychiatry patients. The study revealed more than half of the patients with mental illness were currently using any substances. The prevalence of overall substance use was found about 2.5 times more than control group (i.e. person without mental illness belonging to same community), but almost similar to national survey of the general population[14] and recent Indian study on person with mental illness.[24] The prevalence was however reported lesser than other countries (particularly Africa). Since many studies did not assess for tobacco use, the prevalence of substance use excluding tobacco was although higher than control group but similar to previous Indian studies[20,24] and the UK.[6] Table 1 summarizes and compares the presentation of SUD in some studies based on the sample size and methodology used of substance use among cases, controls, national survey among general population, previous Indian studies, and studies reported from other countries. Among all cases, substance use was found more prevalent among patients suffering with psychosis and depression than with bipolar disorder and anxiety disorders as has been seen in another research by
Table 1: Prevalence of substance use among patients with mental illness

| Substance use                       | Cases (%) | Controls (%) | National survey of general population in India | Indian studies among patients | Other studies among patients |
|-------------------------------------|-----------|--------------|-----------------------------------------------|-------------------------------|------------------------------|
| Substance use including tobacco     | 56.2      | 22.5         | 61%\(^{[16]}\)                                | 51%\(^{[24]}\)                | 68.5%-83%\(^{[23,26]}\)     |
| Substance use other than tobacco    | 25        | 14           | -                                             | 16.4%-22%\(^{[20,24]}\)       | 24%\(^{[8]}\)               |
| Tobacco use                         | 49        | 19           | 19%-54%\(^{[16,18,27]}\)                      | 29%-36%\(^{[23,24]}\)         | 38%-59%\(^{[25,26]}\)       |
| Alcohol use                         | 25        | 14           | 15.5%\(^{[16]}\)                              | 15.4%\(^{[24]}\)             | 59%-78%\(^{[25,26]}\)       |
| Cannabis use                        | 7.5       | 5            | 3%\(^{[16]}\)                                 | 2.5%\(^{[24]}\)              | 29%-53%\(^{[25,26]}\)       |
| Among cases with psychosis (n=22)   |           |              |                                               |                               |                              |
| Substance use including tobacco     | 77        | 22.5         | 61%\(^{[16]}\)                                | 47%-54%\(^{[21,24]}\)         | 40%-45%\(^{[28,29]}\)       |
| Substance use other than tobacco    | 27        | 14           | -                                             | 14%-20%\(^{[19,20,22]}\)      | 37%-52%\(^{[4,30]}\)        |
| Tobacco use                         | 73        | 19           | 19%-54%\(^{[16,18,27]}\)                      | 33-37%\(^{[21,22]}\)          | 57%-70%\(^{[28,29,31]}\)    |
| Alcohol use                         | 27        | 14           | 15.5%\(^{[16]}\)                              | 22-23%\(^{[21,22]}\)          | 22%-47%\(^{[4,28,29,32-34]}\) |
| Cannabis use                        | 18        | 5            | 3%\(^{[16]}\)                                 | 4%-33%\(^{[21,22]}\)          | 12%-23%\(^{[28,29,34]}\)    |
| Among cases with unipolar depression (n=32) |           |              |                                               |                               |                              |
| Any substance use                   | 62.5      | 22.5         | 61%\(^{[16]}\)                                | 36%\(^{[24]}\)               | -                            |
| Substance use other than tobacco    | 67        | 14           | -                                             | -                             | 19%\(^{[7]}\)               |
| Alcohol use                         | 50        | 19           | 19%-54%\(^{[16,18,27]}\)                      | -                             | -                            |
| Cannabis use                        | 67        | 14           | 15.5%\(^{[16]}\)                              | -                             | 5%-67%\(^{[10]}\)           |
| Tobacco use                         | 13        | 5            | 3%\(^{[16]}\)                                 | -                             | -                            |
| Among cases with bipolar disorder (n=12) |           |              |                                               |                               |                              |
| Any substance use                   | 42        | 22.5         | 61%\(^{[16]}\)                                | 47%\(^{[24]}\)               | -                            |
| Substance use other than tobacco    | 25        | 14           | -                                             | 52%\(^{[36]}\)               | 34%-61%\(^{[37-40]}\)       |
| Tobacco use                         | 33        | 19           | 19%-54%\(^{[16,18,27]}\)                      | -                             | -                            |
| Alcohol use                         | 25        | 14           | 15.5%\(^{[16]}\)                              | -                             | 26%-58%\(^{[37,39,40]}\)    |
| Cannabis use                        | 8         | 5            | 3%\(^{[16]}\)                                 | -                             | -                            |
| Among cases with anxiety disorder (n=14) |           |              |                                               |                               |                              |
| Any substance use                   | 21.4      | 22.5         | 61%\(^{[16]}\)                                | 31%\(^{[24]}\)               | -                            |
| Substance use other than tobacco    | 7         | 14           | -                                             | -                             | 16.5%\(^{[7]}\)             |
| Tobacco use                         | 20        | 19           | 19%-54%\(^{[16,18,27]}\)                      | -                             | -                            |
| Alcohol use                         | 7         | 14           | 15.5%\(^{[16]}\)                              | -                             | 12.5%\(^{[7]}\)             |
| Cannabis use                        | 0         | 5            | 3%\(^{[16]}\)                                 | -                             | -                            |

Srivastava et al.\(^{[14]}\) Overall, the prevalence of substance use was highest among patients with psychosis, whereas and lowest among patients with anxiety disorder.

Tobacco use was the most common substance used overall, and it was found highest among patients with psychosis. Higher tobacco use among patients with psychosis has been suggested to reduce cognitive symptoms, negative symptoms, and some of the side effects of antipsychotic drugs. Its use has been attributed to self-medication for its beneficial effects on symptoms of psychosis. However, studies have failed to show consistent benefits of nicotine use on symptoms of psychosis.Recent meta-analysis has even established a causal relationship between higher nicotine use and development of psychosis, but not vice-versa.\(^{[31]}\) In addition, high tobacco use among patients with psychosis leads to treatment failure by increasing antipsychotic clearance, and in long-term poses several health hazards and shortens longevity.

Following tobacco, the current study revealed alcohol as the second-most common substance used, with the highest use among patients with depression. Previous studies have also reported higher rates of alcohol use among person with depression.\(^{[45]}\) A meta-analysis has reported the causal relationship between higher alcohol use and development of depression, but not vice-versa.\(^{[41]}\) Possible explanation for such causal relation is attributed to socioeconomic consequences of alcohol use, genetic linkage, and alteration in circadian rhythm and metabolic changes.\(^{[41]}\) Further, alcohol use has been reported to increase risk of relapse, suicide, health-care utilization, and worsening of course and social functioning in patients with depression.\(^{[33]}\)

Cannabis use was third most prevalent substance used, with the highest use among patients with psychosis. Despite clear evidence of association of cannabis use and psychosis in previous studies, it is still unclear whether cannabis use has causal relation in development of psychosis. However, it is well established that greater use of cannabis may cause intoxication-related psychotic symptoms and exacerbation and relapse of preexisting psychosis.\(^{[42,43]}\)

When compared with substance using controls, the present study found association between substance...
use among patients with mental illness and poor education, financial, and social support. Therefore, a better education which can, directly and indirectly, have an impact on the financial status of the individual can have a substantial effect on the illness also a proper psychoeducation and rehabilitation of these patients can help in improving the prognosis of these subjects. Family and social support is required for patients suffering with mental illness to promote abstinence, thus improving their symptoms, living conditions, and longevity.

The study had a few limitations such as small sample size, and recruitment of participants from a hospital-based setting; therefore, the results cannot be generalized. Since the study was based on self-report and did not test participants for presence of drugs, the actual prevalence might be higher than reported. Therefore, differences in prevalence rates in these studies might be due to many factors such as methodological differences, instruments used for assessment of substance abuse, the population and location of the study, and the cultural factors. The information was collected from the patients and their caregivers. The conclusions could only throw light on the type, extent, frequency, and comorbidity of mental illness along with substance use. A good sample could have facilitated the use of advanced statistical methods.

Despite these limitations, this is one of the first studies from India to compare substance use pattern among patients with mental illness and persons belonging to similar community without mental illness. Our study is clinic based where either the very sick or very motivated people come since the hospital set up is self-referred; this point can lead to biases in the data as the less informed, those without attendants, those less motivated and less sick or very sick will be left out. Furthermore, a longitudinal study can answer the queries regarding why the mentally ill are susceptible to substance use. A single center and hospital based studies have limitations in comparison to the multisite and community-based studies these factors have to be considered while interpreting the results as several confounding factors and cultural differences are also to be considered.

Conclusions

Substance use is more prevalent among patients with mental illness than general population, which could lead to various health hazards, greater workload on health-care system, and therefore requires due attention and routine assessment and treatment of co-morbid substance use. A better follow-up of the mentally ill is needed to be able to address the comorbidity as and when it arises; therefore, awareness regarding the significant comorbidity of substance should be enquired during routine follow-ups of the psychiatric patients. Hence, the need of the hour is to give importance to the primary disorder, i.e. mental illness. Better education and social support are required for substance use problems among patients suffering with mental illness. Further studies are required to investigate causal relation of various substance used in the development of mental illness.

Acknowledgment

We would like to thank all the patients.

Financial support and sponsorship

Nil.

Conflicts of interest

There are no conflicts of interest.

References

1. Murray CJ, Lopez AD. Global mortality, disability, and the contribution of risk factors: Global Burden of Disease Study. Lancet 1997;349:1436-42.
2. Ananth J, Vandewater S, Kamal M, Brodsky A, Gamal R, Miller M. Missed diagnosis of substance abuse in psychiatric patients. Psychiatr Serv 1989;40:297-9.
3. Condren RM, O'Connor J, Browne R. Prevalence and patterns of substance misuse in schizophrenia. Psychiatrist 2001;25:17-20.
4. Blanchard JJ, Brown SA, Horan WP, Sherwood AR. Substance use disorders in schizophrenia: Review, integration, and a proposed model. Clin Psychol Rev 2000;20:207-34.
5. Barnett JH, Werners U, Secher SM, Hill KE, Brazil R, Masson K, et al. Substance use in a population-based clinic sample of people with first-episode psychosis. Br J Psychiatry 2007;190:515-20.
6. Graham HL, Maslin J, Copello A, Birchwood M, Mueser K, McGovern D, et al. Drug and alcohol problems amongst individuals with severe mental health problems in an inner city area of the UK. Soc Psychiatry Psychiatr Epidemiol 2001;36:448-55.
7. Grant BF, Stinson FS, Dawson DA, Chou SP, Dufour MC, Compton W, et al. Prevalence and co-occurrence of substance use disorders and independent mood and anxiety disorders: Results from the national epidemiologic survey on alcohol and related conditions. Arch Gen Psychiatry 2004;61:807-16.
8. Grant BF, Stinson FS, Hasin DS, Dawson DA, Chou SP, Ruan WJ, et al. Prevalence, correlates, and comorbidity of bipolar I disorder and axis I and II disorders: Results from the national epidemiologic survey on alcohol and related conditions. J Clin Psychiatry 2005;66:1205-15.
9. Compton WM, Conway KP, Stinson FS, Grant BF. Changes in the prevalence of major depression and comorbid substance use disorders in the United States between 1991-1992 and 2001-2002. Am J Psychiatry 2006;163:2141-7.
10. Regier DA, Farmer ME, Rae DS, Locke BZ, Keith SJ, Judd LL, et al. Comorbidity of mental disorders with alcohol and other drug abuse. Results from the epidemiologic catchment area (ECA) study. JAMA 1990;264:2511-8.
11. Kessler RC, McGonagle KA, Zhao S, Nelson CB, Hughes M, Eshleman S, et al. Lifetime and 12-month prevalence of DSM-III-R psychiatric disorders in the United States. Results from the National Comorbidity Survey. Arch Gen Psychiatry 1994;51:8-19.
12. Dubé KC, Handa SK. Drug use in health and mental illness in an Indian population. Br J Psychiatry 1971;118:345-6.
13. Saddichha S, Sur S, Sinha BN, Khess CR. How is substance use linked to psychosis? A study of the course and patterns of substance dependence in psychosis. Subst Abus 2010;31:58-67.
14. Srivastava A, Sreejayan K, Joseph AM, Sharma PS. Indian research on comorbidities. Indian J Psychiatry 2010;52:S246-9.
15. Singh S, Balhara YP. A review of Indian research on co-occurring psychiatric disorders and alcohol use disorders. Indian J Psychol Med 2016;38:10-9.
16. Pal H, Srivastava A, Dwivedi SN, Pandey A, Nath J. Prevalence of drug abuse in India through a national household survey. Int J Curr Sci 2015;15:e103-13.
17. Ray R. The Extent, Pattern and Trends of drug Abuse in India: National Survey. Ministry of Social Justice and Empowerment, Government of India & United Nations Office on Drugs and Crime, Regional Office for South Asia; 2004.
18. Gururaj G, Varghese M, Benegal V, Rao GN, Pathak K, Singh LK, et al. National mental health survey of India, 2015–16: Summary. Bengaluru Nati Inst Ment Health Neuro Sci NIMHANS publication no. 128.2016:90-109.
19. Dube KC, Handa SK. Drug habit in health and mental disorders. Indian J Psychiatry 1969;11:23-9.
20. Sethi BB, Trivedi JK. Drug abuse in rural populations. Indian J Psychiatry 1997;21:211-6.
21. Aich TK, Sinha VK, Khess CR, Singh S. Demographic and clinical correlates of substance abuse comorbidity in schizophrenia. Indian J Psychiatry 2004;46:135-9.
22. Chand P, Thirthalli J, Murthy P. Substance use disorders among treatment naive first-episode psychosis patients. Compr Psychiatry 2014;55:165-9.
23. Chandra PS, Carey MP, Carey KB, Jairam KR, Girish NS, Rudresh HP, et al. Prevalence and correlates of tobacco use and nicotine dependence among psychiatric patients in India. Addict Behav 2005;30:1290-9.
24. Gupta A, Gauha D, Bhatia T, Deshpande SN. A study of tobacco and substance abuse among mentally ill outpatients in a tertiary care general hospital. J Ment Health Hum Behav 2016;21(2):117-121
25. Hauli KA, Ndetei DM, Jande MB, Kabangila R. The prevalence of substance use among psychiatric patients: The case study of Bugando Medical Centre, Mwanza (Northern Tanzania). Subst Abus 2011;32:238-41.
26. Abayomi O, Ojo TM, Ibrahim N, Adelufosi AO, Obasan A. Prevalence and correlates of substance use among persons with mental disorders in a Nigerian psychiatric hospital. Afr J Drug Alcohol Stud 2012;11 (1):29-35.
27. Bhawna G. Burden of smoked and smokeless tobacco consumption in India – Results from the global adult tobacco survey India (GATS-India)-2009-201. Asian Pac J Cancer Prev 2013;14:3323-9.
28. Kavanagh DJ, Waghorn G, Jenner L, Chant DC, Carr V, Evans M, et al. Demographic and clinical correlates of comorbid substance use disorders in psychosis: Multivariate analyses from an epidemiological sample. Schizophr Res 2004;66:115-24.
29. Margolese HC, Malchy L, Negrete JC, Tempier R, Gill K. Drug and alcohol use among patients with schizophrenia and related psychoses: Levels and consequences. Schizophr Res 2004;67:157-66.
30. Swartz MS, Wagner HR, Swanson JW, Stroup TS, McEvoy JP, Canive JM, et al. Substance use in persons with schizophrenia: Baseline prevalence and correlates from the NIMH CATIE study. J Nerv Ment Dis 2006;194:164-72.
31. Guillo P, Jauhar S, Murray RM, MacCabe JH. Does tobacco use cause psychosis? Systematic review and meta-analysis. Lancet Psychiatry 2015;2:718-25.
32. Duke PJ, Pantelis C, Barnes TR. South Westminster schizophrenia survey. Alcohol use and its relationship to symptoms, tardive dyskinesia and illness onset. Br J Psychiatry 1994;164:630-6.
33. Menezes PR, Johnson S, Thornicroft G, Marshall J, Prosser D, Bebbington P, et al. Drug and alcohol problems among individuals with severe mental illness in South London. Br J Psychiatry 1996;168:612-9.
34. Haqqi S. Substance abuse in schizophrenia – A short report. Procedia Soc Behav Sci 2010;5:2239-41.
35. Sullivan LE, Fiellin DA, O’Connor PG. The prevalence and impact of alcohol problems in major depression: A systematic review. Am J Med 2005;118:330-41.
36. Kumar PN, Raju SS. Impact of substance abuse comorbidity on psychopathology and pattern of remission in mania. Indian J Psychiatry 1998;40:357-63.
37. Cassidy F, Ahearn EP, Carroll BJ. Substance abuse in bipolar disorder. Bipolar Disord 2001;3:181-8.
38. Chengappa KN, Levine J, Gershon S, Kupfer DJ. Lifetime prevalence of substance or alcohol abuse and dependence among subjects with bipolar I and II disorders in a voluntary registry. Bipolar Disord 2000;2:191-5.
39. Cerullo MA, Strakowski SM. The prevalence and significance of substance use disorders in bipolar type I and II disorder. Subst Abuse Treat Prev Policy 2007;2:29.
40. Bauer MS, Althshuler L, Evans DR, Beresford T, Willford WQ, Hauger R, et al. Prevalence and distinct correlates of anxiety, substance, and combined comorbidity in a multi-site public sector sample with bipolar disorder. J Affect Disord 2005;85:301-15.
41. Boden JM, Fergusson DM. Alcohol and depression. Addiction 2011;106:904-16.
42. Minozzi S, Davoli M, Bargagli AM, Amato L, Vecchi S, Perucci CA, et al. An overview of systematic reviews on cannabis and psychosis: Discussing apparently conflicting results. Drug Alcohol Rev 2010;29:304-17.
43. Radhakrishnan R, Wilkinson ST, D’Souza DC. Gone to pot – A review of the association between cannabis and psychosis. Front Psychiatry 2014;5:54.