

GENERAL INFORMATION ABOUT MOOD DISORDERS AND SUBSTANCE ABUSE

- Of those with bipolar disorder, about **half are dependent on substances**. They are **11 times more likely** to abuse substances than the general population.
- Substance abuse is the **single most common predictor** of bad outcomes for people with psychiatric syndrome.
- This dual diagnosis has a **genetic component** to it.
- **Cocaine/amphetamines** are the leading substances that precipitate **manic** episodes. (then hallucinogens and marijuana).
- **Alcohol** is the leading precipitator of **depressive** episodes.
- Some people with bipolar illness **self-medicate** to reduce or enhance symptoms.
- Substance abusers and people with mood disorders are often **pathologically optimistic**.
- Some will choose between substances and medication
- **Medication/ existing treatment is foregone in favor of the substance.**
- **Problems** emerging first: Family problems with alcoholism: **money & legal problems** a drug problem.

Weiss,R. (1999).