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# DUAL SHADOWS: UNDERSTANDING THE LINK BETWEEN ALCOHOL USE AND DEPRESSION

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# Alcohol Use and Depression

## **The Complex Relationship Between Alcohol and Depression**

If you're struggling with depression, reaching for a drink might seem like a quick fix to numb feelings of isolation, anxiety, or sadness. However, this relief is only temporary. In reality, alcohol often exacerbates depression, leading to a worsening of symptoms over time.

The interplay between alcohol and depression is intricate, with each condition potentially exacerbating the other. In many instances, addressing alcohol dependency can significantly alleviate symptoms of depression. However, it's important to note that treating depression alone does not automatically resolve issues related to alcohol dependency.

It's not uncommon for individuals to receive a dual diagnosis of Major Depressive Disorder (MDD) and Alcohol Use Disorder (AUD). This co-occurring disorder presents unique challenges in treatment. This article explores the connection between alcohol and depression, examining how these disorders intersect, and discusses treatment options and coping strategies.

## **Effects of Alcohol Use**

Alcohol may initially produce feelings of euphoria and confidence, but these effects are short-lived. As a depressant, alcohol impacts the central nervous system (CNS) and brain functionality, similar to barbiturates. Despite this, many people, including a significant number in the UK, consume alcohol, even when battling depression.

The severity of alcohol's impact increases with consumption. Depending on the level of intoxication, you might experience symptoms like reduced inhibition, impaired judgment, confusion, and mood swings.

"Alcohol is often used to dull uncomfortable emotions and can become a habitual coping mechanism that disrupts the brain's neurotransmitter balance," explains Vanessa Kennedy, PhD, Director of Psychology at Driftwood Recovery.

Regardless of your preferred drink, alcohol can be easily abused, particularly when used as a form of self-medication. A glass of wine or a beer might seem like a way to temporarily ease depressive feelings due to alcohol's sedative properties, but it ultimately intensifies and prolongs these emotions.

Persistent and excessive drinking can heighten the risk of developing major depressive disorders. It can also exacerbate the symptoms of existing depression, posing significant risks to both physical and mental health. For individuals diagnosed with clinical depression, especially those in the UK where drinking culture is prevalent, caution is advised when it comes to alcohol consumption. Dr. Kennedy warns that for those on antidepressants, mixing these medications with alcohol can diminish their effectiveness.

### Contributing Factors

The simultaneous occurrence of Major Depressive Disorder (MDD) and Alcohol Use Disorder (AUD) is more common than many realise. However, certain factors can increase the risk of experiencing these combined disorders. These include:

- **Genetic Predisposition:** A family history of depression or substance misuse can significantly raise the risk.
- **Trauma and PTSD:** Experiences of trauma or abuse, including childhood abuse, sexual assault, or combat experiences, can lead to Post-Traumatic Stress Disorder (PTSD) and increase vulnerability to these disorders.
- **Underlying Mental Health Conditions:** Existing mental health issues can exacerbate the risk of developing depression or alcohol addiction.
- **Environmental Influences:** Exposure to violence, trauma, assault, or abuse can be significant contributing factors.

If you suspect you're at risk of alcohol addiction or depression, it's advisable to consult with a mental health professional. They can help you understand these risks and provide strategies for prevention or management.

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## Alcohol Use Disorder and Depression

Numerous studies have established a close link between alcohol dependence and depression. When diagnosing AUD and MDD, it's crucial to address them concurrently, as they can significantly influence each other and impact recovery.

### Understanding Alcohol Use Disorder (AUD)

While alcohol may be socially acceptable, it is still a psychoactive substance. Alcohol abuse and dependence constitute AUD, with research indicating a stronger correlation between alcohol dependence and the persistence of depressive disorders.

Signs and symptoms of AUD may include:

- Interference with responsibilities at home, school, or work due to drinking.
- Abandoning activities once deemed important.
- Engaging in risky behaviours while drinking, such as driving, swimming, or unprotected sex.
- Drinking to achieve a specific effect.
- Experiencing withdrawal symptoms like nausea, sweating, a racing heart, or insomnia.
- Inability to reduce or control drinking.
- Drinking more or for longer periods than intended.
- Continuing to drink despite experiencing depression, anxiety, or blackouts.
- An overwhelming desire to drink that dominates your thoughts.

AUD can range from mild to severe, depending on the combination and intensity of symptoms. It's important to recognise that problematic drinking can exist even without a formal diagnosis. Evaluating your drinking habits, understanding the reasons behind your drinking, and being aware of how you feel when you drink are crucial steps, regardless of whether you are experiencing depression.

## **Understanding Major Depressive Disorder (MDD)**

Depression is a prevalent and serious mood disorder that affects thoughts, feelings, and behaviours. Common signs of depression, as outlined in the DSM-5 Manual, include feelings of sadness or hopelessness, loss of interest in activities, changes in weight or appetite, sleep disturbances, fatigue, thoughts of death or suicide, and difficulty concentrating. Depression manifests in various forms and can stem from life stressors, mental health conditions, medical issues, and other factors. Notably, depression can also be induced by substances like alcohol.

Despite its prevalence, depression often remains undiagnosed and untreated. It's crucial to understand that battling depression alone, especially with alcohol, can exacerbate the condition. Seeking help from a mental health professional is a vital step in addressing and managing depression effectively.

## **Exploring the Connection Between Depression and Alcohol Use**

There's growing evidence to suggest that both depression and alcohol use disorders may share underlying neuroinflammatory conditions. This connection implies that treatment for both should consider dietary approaches, such as the Mediterranean diet rich in omega-3 fatty acids, to improve gut function and reduce neuroinflammation.

## **Treatment Options for Concurrent Alcohol Abuse and Depression**

Addressing alcohol abuse and depression simultaneously is essential, as these conditions often intertwine and exacerbate each other. Alcohol impacts cellular function, leading to impaired mental and physical states. Treatment options vary based on individual needs and can range from individual therapy sessions and local support groups to more intensive residential programs.

## **A Final Note of Encouragement**

If you're struggling with unhappiness or depression, it may be tempting to turn to alcohol for relief. However, it's important to remember that this is not a sustainable or healthy solution. There are better, more effective ways to address these challenges. Reaching out for professional help and exploring treatment options can be the first step towards a healthier, more fulfilling life without reliance on alcohol.