

**RELATION BETWEEN SEVERITY OF ALCOHOL DEPENDENCE AND POSITIVE FAMILY HISTORY OF ALCOHOLISM: A RURAL HOSPITAL BASED STUDY IN SOUTH INDIA**

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**ABSTRACT**

There is not any unmarried motive of alcoholism. Like different persistent and complex sicknesses, it's far frequently because of a diffusion of factors which includes the age at that you started ingesting and your mental fitness and social or cultural factors and circle of relatives records. The maximum essential chance elements for reliably predicting severity of alcohol dependence is family records and age of onset of alcoholism. Even without reading the genes worried, research really suggests this continual disorder runs in households. The intention of the look at is to evaluate the relationship among high-quality own family records of alcoholism and severity of alcohol dependence. A hundred consecutively admitted patients with ADS (Alcohol dependence syndrome) of age organization 18 and above were recruited for the observe and the relationship become studied.

**Keywords:** Family records of alcoholism, AUDIT, CIWA-AD, Severity of alcohol dependence

**1.INTRODUCTION**

Alcohol has been consumed in India on the grounds that antiquity. The Indian alcohol drinking pattern has changed dramatically over the years. Previously, alcohol use changed into occasional and has ritualistic connotations, people commonly used it for the duration of principal social activities most effective. But these days, commonplace humans consume alcohol to get drunk. Alcohol associated problems consequently comprise of physical, psychological and social issues (Sadock et al., 2009) which are a result of immoderate ingesting and dependence. Alcohol abuse and dependence are related to multiple life issues and challenges and decorate the danger for a wide range of morbidities and early dying. Alcohol Dependence syndrome is one of the most common psychiatric disorders within the widespread populace with a sizable effect on public health.

There is no unmarried cause of alcoholism. Like different chronic and complicated sicknesses, it's far regularly resulting from a ramification of things consisting of the age at which you began ingesting and your mental fitness and social or

cultural factors and own family history. The most vital risk elements for reliably predicting severity of alcohol dependence is circle of relatives records and age of onset of alcoholism. Even without reading the genes worried, research without a doubt shows this chronic ailment runs in families.

To higher understand the strong connection between trouble consuming and circle of relatives records, researchers have analyzed genes that can be implicated in alcoholism. Some sicknesses are as a result of a unmarried genetic defect. For instance, one gene has been deleted or a gene mutation happens. Confounding social, economic and cultural elements, as well as a circle of relatives records of consuming, make pinpointing a genetic connection difficult. However, animal and human studies have yielded promising results that one day could cause preventive and treatment strategies.

While the mechanisms in which genes impact the likelihood of alcohol dependancy are complicated, they certainly play an intrinsic position. If one has a circle of relatives records of alcoholism, he/she isn't destined to observe in their dad and mom' footsteps alternatively abstaining altogether is the most secure choice for anyone with a genetic predisposition to alcoholism or problem ingesting.

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AIM: To look at the relationship among superb family records of alcoholism and severity of alcohol dependence.

**2.METHODOLOGY:**

**Setting:**

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

In-patients admitted in psychiatric ward with alcohol dependence syndrome can be recruited.

**SAMPLE:**

One hundred consecutively admitted sufferers with ADS (Alcohol dependence syndrome) of age organization 18 and above

**STUDY DESIGN:** Descriptive look at

**INCLUSION CRITERIA:**

1. Adult male inpatients with a diagnosis of alcohol dependence syndrome according to the ICD- 10 class of intellectual health and behavioural disorders (WHO, 1992).
2. Age organization 18 and above

**EXCLUSION CRITERIA:**

1. Age beneath 18 years
2. Significant physical contamination in affected person where interviewing can't be carried out
3. Patients not consenting for the look at.

**INTERVIEW**

Based on inclusion and exclusion criteria sufferers have been selected. Informed verbal and written consent have been received from the patients and their circle of relatives individuals with alcohol dependence syndrome. Detailed history changed into accumulated the usage of semi structured proforma.

**TOOLS USED**

CIWA-AD (Clinical Institute Withdrawal Assessment for Alcohol)

AUDIT (Alcohol use disorders identity check)

SADQ (Severity of alcohol dependence questionnaire)

THREE GENERATION PEDIGREE CHART

**3.RESULTS**

Consecutively admitted male patients in psychiatry ward with alcohol related trouble were recruited for the examine. The nature of the observe and its objectives turned into defined to the sufferers and his household and a written knowledgeable consent became acquired from the patient in addition to his family participants. These subjects had been first administered Clinical Institute Withdrawal Assessment for Alcohol (CIWA-AD) to rule out any persistent alcohol

withdrawal signs. CIWA-AD (Sullivan et al., 1989) is an 8-object scale for clinical quantification of the severity of the alcohol withdrawal syndrome. Subjects scoring less than eight on CIWA-AD were then administered Alcohol Use Detection Inventory Test (AUDIT) and handiest topics scoring greater than a rating of eight on AUDIT have been blanketed inside the examine. (Barbor et al., 1992; Pal et al., 2004) have been has been validated and broadly used in India. Subjects who were medically too unwell to cooperate within the interview and have been related to important psychiatric illnesses, inclusive of psychosis, dementia, amnesic syndromes, and bipolar affective sickness were excluded. The subjects were then administered a semi-dependent proforma and other measures in a specific collection, for you to reduce bias. We assessed the severity of alcoholism the use of Severity of Alcohol Dependence Questionnaire (SADQ) (Stockwell et al., 1983). This is a 20-item, self-rated questionnaire, which has been developed to offer a quick and replicable method of assessing the severity of alcohol dependence. It has a excessive degree of test-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 defined by using Grant, (1998)which defines the age of onset of initiation, because the "age at which they first began ingesting, now not counting small tastes or sips of alcohol". The age of onset of Problem-drinking and dependence was assessed the use of the alcohol-use phase of SCAN. Only the age of onset of initiation and Problem-ingesting was used for this observe. Later the subjects were requested to draw a own family pedigree of 3 generations for assessing trouble-drinking and dependence among family members. This process occurred over two days in two sessions every lasting for an hour. The assessment became completed in all male patients and his own family participants who had been admitted consecutively over a duration of six months.

**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

**FAMILY HISTORY**

<b>FH</b>	<b>Frequency</b>	<b>Percent</b>
Yes	47	47.0
No	53	53.0
Total	100	100.0

<b>SADQ</b>		
	<b>Frequency</b>	<b>Percent</b>
Mild	14	14.0
Moderate	23	23.0
Severe	63	63.0
Total	100	100.0

<b>Family History</b>	<b>SADQ</b>			<b>Total</b>
	<b>Mild</b>	<b>Moderate</b>	<b>Sever</b>	
Yes	0	2	45	47
No	14	21	18	53
Total	14	23	63	100

Chi-square (Fisher's Exact test) value is 44.956 with p-value is 0.000. The relationship between family history of alcoholism and SADQ was statistically proven with a p value of 0.000. Chi-Square test for association of Family history Vs Age onset and Duration of Alcoholism

<b>Family History</b>	<b>Age of Onset</b>			<b>Total</b>
	<b>Less than 20</b>	<b>20-30</b>	<b>Above 30</b>	
Yes	36	11	0	47
No	29	19	5	53
Total	65	30	5	100

Chi-square (Fisher's Exact test) value is 7.371 with p-value is 0.018.

<b>Family History</b>	<b>Duration of Alcoholism</b>			<b>Total</b>
	<b>Less than 10</b>	<b>10-20</b>	<b>Above 20</b>	
Yes	16	24	4	47
No	38	11	7	53
Total	54	35	11	100

Chi-square (Fisher's Exact test) value is 14.321 with p-value is 0.001. The association between family history versus age of onset and duration of alcoholism was also found to be statistically significant.

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

<b>Place</b>	<b>SADQ</b>			<b>Total</b>
	<b>Mild</b>	<b>Moderate</b>	<b>Sever</b>	
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.

<b>Education</b>	<b>SADQ</b>			<b>Total</b>
	<b>Mild</b>	<b>Moderate</b>	<b>Sever</b>	
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

<b>Occupation</b>	<b>SADQ</b>			<b>Total</b>
	<b>Mild</b>	<b>Moderate</b>	<b>Sever</b>	
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 dating among factors together with residence, educational repute and profession with SADQ have been determined to be statistically insignificant. Forty seven% of the look at sample had a fantastic family history of alcoholism with majority of them with an early age of onset of trouble drinking, longer period of intense alcohol dependence as indicated by means of excessive SADQ rankings above 30.

In concordance affiliation between circle of relatives history as opposed to age of onset of trouble ingesting and duration of alcoholism changed into also observed to be statistically vast.

Also the relationship between own family history of alcoholism and SADQ was statistically confirmed with a p cost of 0.000.

But the relationship between factors which include house, instructional reputation and profession with SADQ were determined to be statistically insignificant.

**4.DISCUSSION**

Dawson et al (1993) determined that the high quality effect of circle of relatives history saturation at the danger of beginning drinking become strongest previous to age 15 and declined gradually with growing age. It changed into barely weaker for men than girls. After controlling for early initiation of ingesting, the direct positive effect of circle of relatives records saturation on the hazard of progressing to dependence extended through the years and changed into barely decreased amongst individuals who began drinking earlier than age 18. The oblique effect of own family records on the hazard of developing dependence, thru its impact on early consuming as a hazard component for dependence, become strongest within the c language from 3 to nine years after initiation of drinking.

Similarly in my observe there was a high-quality correlation among family history and age of onset implying that with a sturdy family records of alcoholism the age of onset of drinking tends to be earlier which ranged between 10- 20yrs. Also the severity of alcohol dependence as indicated by way of SADQ changed into observed to be increased with a high quality own family history of alcoholism.

Hill and Yuan, (1999) located that high-danger youngsters/children confirmed a drastically in advance age of onset of ingesting and an earlier age of onset for substance abuse troubles. Familial density of alcoholism predicted an in advance onset of drinking, as did having deficits in analyzing success, reduced P300 (visual and auditory), and extra postural sway for age. Higher ratings at the Extraversion scale of the junior version of the Eysenck Personality Inventory

additionally predicted an in advance onset of drinking. Familial density of alcoholism (range of alcoholic first- and 2nd-degree family) is an important predictor of adolescent alcohol initiation. Evidence is offered suggesting that a part of the familial/genetic variant in outcome may be due to neurobiological factors and temperament.

Similarly on this take a look at excessive density of familial alcoholism anticipated an in advance age of onset of drinking which changed into statistically validated as properly. However we've got not as compared endophenotypes like P300, reading capability or persona profiles. Studying them might also want large research collaborations so we couldn't do them.

Pandina et al (1990) analyses indicated that FH+ costs for a self-mentioned alcohol and/or drug hassle have been about two times the charge for FH- individuals and about 1.5 instances as high because the base rate for the complete pattern. However, there were no extensive variations between the two companies of teens in terms of alcohol or marijuana use patterns or the frequency of use-associated terrible outcomes. It additionally illustrated that FH+ ladies had been as possibly as FH+ males to record a critical problem and that FH+ families pronounced a better rate of having multiple afflicted offspring.

In my have a look at 45% of the look at pattern had family history (FH+) of alcoholism and 55 % did no longer have circle of relatives history of alcoholism (FH-). This is in contrast to Pandina et al take a look at which has nearly 60-forty% ratio. Majority FH+ sufferers had higher SADQ ratings indicating the improved severity of alcohol dependence. Therefore in my look at there had been no good sized distinction among FH+ and FH naïve organizations in terms of alcohol use styles. We have now not studied women in our take a look at as the superiority of drinking amongst ladies is low and patients reporting to the scientific settings were even less.

Worobec et al (1990) Parental alcoholism become associated with more extreme alcoholism on most parameters of alcohol use (age of onset, quantity, frequency, preoccupation, and sustained use) and alcohol-related issues (social, vocational, physical, cognitive, and loss of manage). The affiliation between parental history of alcoholism and more extreme alcoholism within the probands changed into impartial of age of onset of alcoholism, cutting-edge age, socioeconomic history, and marital repute. Parental records high-quality (PH+) alcoholics were more reliant on alcohol to manage their moods but did no longer range appreciably from parental records bad (PH-) alcoholics inside the use of alcohol to enhance sociability or intellectual functioning or to deal with marital troubles. Surprisingly, the diploma of difficulty, guilt, and worry over the negative effects of ingesting become no longer notably different for PH+ alcoholics although the bad results were truly lots greater extreme for this group. While the information are inconclusive approximately the motives for greater extreme alcoholism in PH+ alcoholics, extra reliance on ethanol to control moods and a relative insensitivity to terrible outcomes could theoretically account for the vulnerability to more extreme alcoholism located in PH+ alcoholics.

In my examine also parameters like age of onset, quantity, frequency, preoccupation, and sustained use had been taken into consideration. However parameters like social, vocational, bodily, cognitive, and lack of manipulate had been not covered in our study, consequently bad cognition, guilt and fear associated drinking have been not assessed in our research. However parental alcoholism was associated with greater extreme alcoholism and it also had an influence at the age of onset as maximum of people with superb FH had an age of onset much less than 20yrs. This fact is noteworthy because the Worobec et al observe differed from this locating on this appreciate.

Penick EC et al (1987) In a large multicenter take a look at of 568 male alcoholics, based interviews have been used to examine the scientific characteristics of sufferers with a positive (65%) or bad (35%) own family records of abusive ingesting amongst first degree spouse and children. Alcoholics with a wonderful circle of relatives records were located to have: an earlier onset of alcoholism, extra alcoholic severity, extra clinical and felony issues, a broader variety of remedies, an improved lifetime occurrence of extra psychiatric issues

Similarly in my observe alcoholics with a fantastic circle of relatives records had an in advance onset of alcoholism and more alcohol severity as indicated via high SADQ ratings however other parameters like clinical, criminal issues and treatment become no longer studied.

## 5.CONCLUSION

Hence the contemporary take a look at concluded the subsequent

With a high quality own family records of alcoholism there were excessive tiers of alcohol dependence as indicated through SADQ rankings.

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