

Psychological Distress and Suicidal Ideation among the Spouse of Individual with Alcohol Dependence Syndrome

Vikas¹ Deendayal Gond² Upendra Singh³

Abstract

Abstract: Background: Chronic alcohol use has a direct impact on family members' ability to function in daily life, both at work and in social situations. It can lead to depressed moods, impaired functioning, and thoughts of suicide in the partner. **Aim:** Aim of the current study to assess the psychological distress and Suicidal Ideation among the spouse of alcohol dependence syndrome. **Methodology:** Cross sectional hospital based descriptive study. Total 60 participants selected through purposive sampling technique. They evaluated by; self-prepared socio-demographic data sheet, depression anxiety stress scale, (DASS) and suicidal ideation scale (SIS). **Result:** Result found in the study mean age of the participants 34.76 years. Significant level of depression ($p < .001$), anxiety & stress ($p < .005$) level associated with suicidal ideation spouse of individual with alcohol dependence. **Conclusion:** Alcoholism is a constant source of stress for both the individual and their family members. Spouses of alcoholics are faced various problem suicidal thoughts and ideas are more common.

Keywords: Alcohol Dependence Syndrome, Psychological Stress, Spouse, Suicidal Ideation.

Introduction:

In India, alcoholism is a serious issue. It has a negative impact on a person's physical health as well as the health of people around him. A broken family role, a breakdown in family communication and the spouse's physical and emotional health are all associated with alcohol consumption. Consuming alcohol can lead to a variety of psychosocial issues and psychological distress in both individuals and family members. Research revealed that internalizing negative emotional states like depression and alcohol consumption are related, and that psychological distress is a risk factor for alcoholism in relationships (Shin et al., 2015). The current study examined psychological discomfort in spouses of

1. Psychiatric Social Worker, District Mental Health Program Unit, District Hospital Karnal, Haryana
2. Psychiatric Social Worker, District Mental Health Program Unit, District Hospital Shravasti, Uttar Pradesh
3. Lecturer, Dept of Psychiatric Social Work, CEIMH, ABVIMS Dr RML Hospital New

Corresponding Author

Lecturer, Dept of Psychiatric Social Work, CEIMH, ABVIMS & Dr RML Hospital
E-mail: upendrasingh.aims@gmail.com.

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people with alcohol dependence syndrome, including low mood, anger, guilt feelings, sleep difficulties, anxiety, and stress. Spouses of people with alcohol dependence syndrome (ADS) may experience complicated and upsetting issues related to suicidal thoughts. Living with an alcoholic spouse can have a serious negative effect on the mental health and general wellbeing of the spouse, including feelings of hopelessness, despair, and occasionally suicidal thoughts. Here are some important things to remember. Being in a relationship with someone who has ADS can be emotionally taxing. As spouses deal with the difficulties of their partner's addiction, they may feel helpless, angry, guilty, ashamed, and alone. Alcoholism can result in social and financial isolation, which can make the spouse feel even more stressed and hopeless. This may entail a reduction in income, damaged friendships and family ties, and an increase in household duties. Because of the constant emotional upheaval, spouses frequently suffer from sadness, anxiety, and low mood.

The accumulated impacts of cohabiting with a ADS partner can, in extreme circumstances, drive a spouse to consider suicide. Suicidal thoughts might be influenced by pessimism, despair, and a sensation of being stuck in an uncontrollable circumstance. Living with a partner who conflicts with addiction can have a substantial influence on the psychological health of spouses of those diagnosed with ADS. These are a few typical mental health conditions that couples may encounter. Spouses who live with a ADS partner may experience ongoing tension and anxiety.

Concerns could include their partner's health, the effect the addiction will have on the family, their financial security, and the relationship's future.

When a spouse of someone with ADS withdraws from social interactions or feels unwilling to confide in friends or family about their partner's addiction, they may experience social isolation and loneliness. Anxiety and desolation may become worse as a result of this sense of isolation.

Because of how the addiction has affected their partner's relationship and family life, spouses may feel resentment

and contempt toward them. These emotions may intensify marital problems and put additional stress on the partner's mental health.

When examined retrospectively, psychological literature reveals the impact of alcoholism on alcoholics' significant other individuals who are under a lot of stress and have a lot of burdens in the heavy drinkers' social network and particularly by the female inmate partners (Callinan et al., 2019). Alcohol-related disorders are common in developing countries like India, which has the world's second-largest population. In India number of survey done and found that 33 percent population consumed alcohol (Gururaj et al., 2006). Psychological distress can be a key factor in the injurious effects on spouses associated with alcoholism. The present study examined the psychological distress and suicidal ideation among the spouse of alcohol dependence. The impact of alcohol intake not only annoys the physical health of an individual it also affect the people who surround him. Alcoholic individuals spouse face various problems. They worried about future, poor communication, social embarrassment, living isolated, lack of friends and unsatisfactory sexual relations that problems hampered psychologically (Wiseman, 2018; Stanley, 2004).

Alcohol consumption is generally recognized as a factor of family disaggregation. Literature suggested alcoholic's families have lesser cohesion and various conflicts as compared to normal families (Yama et al., 1992). The families, in particular the female with the alcohol abuse spouse, are severely vulnerable in various psychological and social dimensions. Therefore, the interest of the healthcare's to these families is important (Maghsoudi et al., 2019). High psychological distress signs and symptoms are common who was living alcoholic individuals. Demographics (age, education), behavioral and psychosocial elements (family functionality) were related with psychological depressive symptoms (Gyawal et al., 2016).

Methodology:

Study was cross sectional hospital based. Observational research design was used in study and conducted at

ABVIMS and Dr. RML Hospital in New Delhi. Individuals diagnosed with Alcohol Dependent Syndrome according to ICD-10 (WHO-1992), were taking treatment in Department of Psychiatry, Dr. RML Hospital New Delhi were recruited in current research. Cross sectional hospital based descriptive study. Total 60 participants selected throw purposive sampling technique. Individuals with other psychiatric disorder or significant physical illness, and refusal to give written consent were excluded from the study. The socio demographic data sheet was completed after receiving written informed consent. The severity of alcohol dependence questionnaire (Stockwell et al., 1983), depression, anxiety and stress scale (DASS) (Singh et al., 2013), and suicidal ideation questionnaire (Reynolds, 1987), were applied on participants. Severity of alcohol dependence questionnaire was used to evaluate the severity of alcohol consumption among the individual with ADS. DASS use to assess depression, anxiety and stress among the spouses of individual with ADS, The Depression, Anxiety, and Stress Scale - 21 Items (DASS-21), is a collection of three self-report scales that assess depression, anxiety, and stress. Each of the three scales has seven items that are grouped into subscales that have comparable content. Assessment of suicidal ideation among spouses suicidal ideation questionnaire (Reynolds, 1987) was used. This scale is a 19-item clinical research instrument for quantifying and assessing suicidal ideation. Data was analysis in SPSS-21. Frequency was calculated discredit variables, mead and SD evaluated continuous variables. Person-r test use to assess association between two independent variables.

Result:

Table 1: Socio-demographic findings of Participants (N=60)

Variables	Frequency	Percent
Education		
Illiterate	12	20.0
Primary	6	10.0
Secondary	4	6.7
Higher-secondary	20	33.3
Graduate	14	23.3
PG & Above	4	6.7
Occupation		
Unemployed	6	10.0
Labor	10	16.7
Professional	20	33.4
Homemaker	22	36.6
Student	2	3.3
Family Type		
Joint	26	43.3
Nuclear	26	43.3
Extended	8	13.3
Age		
Mean±SD	34.76±12.38	
Age of onset		
Mean±SD	8.89±3.91	

Table 1 shows that the men age of the participant's 34.76±12.38 years. Participants education level of the participants were illiterate20%, primary 10%, secondary and post graduate & above 6.7% education level of participants, higher secondary 33.3% comparison with graduate 23.3%.The 10.0% unemployed, 16.70% labor, 33.30% professional, 36.6%homemaker, and 3.3 % students participated in the study. The type of family of the study population joint 43.3%, nuclear 43.3%, and 13.4% of families are extended. Age of onset of the participants was 8.89±3.91 years.

Table 2: Depression, Anxiety and Stress findings among the participants (N=60)

Variables	Depression (%)	Anxiety (%)	Stress (%)
Normal	12 (40)	9 (30)	23 (76.7)
Mild	7 (23.3)	5 (16.7)	4 (13.3)
Moderate	8 (26.7)	11 (36.7)	1 (3.3)
Severe	3 (10)	5 (16.6)	2 (6.7)

Table 2 shows that 10% participant faced severe depression, 16.6% severe anxiety and 6.7% participant severe stress. Majority of the participants were found 60% depressive and 70% anxiety diagnostic level symptoms. Total ¼ participants found having stressed.

Table 3: Association between Suicidal Ideation and DASS

Variables	Depression	Anxiety	Stress
Suicide Ideation	.928**	.390*	.296*
**. Correlation is significant at the 0.01 level (2-tailed). *. Correlation is significant at the 0.05 level (2-tailed).			

Table 3 Shows that suicidal ideation has significant association with depression and anxiety domain. Result found that depression (p<.001), anxiety& stress (p<.005) level, significantly associated with suicidal ideation.

Discussion:

The research was carried out in New Delhi at the ABVIMS and Dr. RML Hospital. The participants were diagnosed with ADSs according to ICD- 10 [11]. In recent decades, alcohol consumption has increased worldwide, with developing countries. Over the past 45 years, suicide rates

have increased by almost 60% worldwide, and till 2025, 1.6 million suicide fatalities are expected (Pompili et al., 2010).

Relationship among depression and suicidal thoughts in spouses of alcoholics were increased day by day. These are the obvious problems that alcoholism brings about in marriages, but the spouse of an alcoholic also faces a host of other obstacles. Some women could hold themselves responsible for their husband's drinking, for instance. These guilt feelings might make partners feel tense, nervous, or grief. In addition, family members tend to hold wives responsible for their husbands' alcohol consumption, which exacerbates their preexisting guilt (Ray, 2004). The study also showed that alcoholics' spouses experience stress, which increases the risk of suicide thoughts. One study found that being single, separated, or widowed, being younger, and feminine gender were associated with an increased risk of mortality. Depression was linked to higher BDI scores, male gender, and older age (Markkula, et al., 2012).

Specifically, that study indicates a high correlation between spouses' suicidal thoughts and depression. Smith and Estefan (2014) state that families with drug abuse experience "physical and psychological stress symptoms such as depression, anxiety, substance problems, and trauma." It can be difficult to care for someone on a daily basis and balance their needs with your own, especially if they are a heavy drinker. The results of this study showed a positive correlation between spouses' suicide thoughts and their levels of stress, anxiety, and despair. Spouses of alcoholics frequently experience physical aggressiveness, threats of violence, emotional and sexual abuse, social isolation due to financial problems, humiliation, and chronic physical or mental diseases (Halford et al., 1999). According to one study, wives of alcoholics have a noticeably higher prevalence of mental sickness. Four thirds of the individuals reported having major depressive illness of the participants who were depressed, 18% also experienced panic attacks (Kishor et al., 2013). Current study also reviled that similar finding in regards level of anxiety and depression among the spouses. Another study

discovered favorable men's longer periods of dependence are correlated with their spouses' higher degrees of distress (Bhowmick et al., 2001).

Significant relationship between a husband's behavior of alcohol consumption and his spouses' tendency for suicide. High rates of suicide among married women were attributed to poverty, domestic abuse, and distrust by the husband (NCRB-2021). In comparison to the control group, the spouses of alcoholic males scored considerably higher on depression but not anxiety. Wives of alcohol-dependent males were far more likely to experience suicidal thoughts and attempts (Patkar et al., 2021).

According to the study's findings, women who have a spouse who uses drugs are more likely to experience suicidal thoughts and attempts if they are older, have been married for a shorter period of time, have a personal history of drug use, have experienced physical abuse from their spouse (as opposed to nonphysical abuse), and have higher levels of anxiety and depression (Ponnudurai et al., 2001). The results of this study demonstrated that while factors like a history of drug use, higher anxiety and depression scores, and physical abuse by spouses can be considered as factors leading to suicidal attempt and ideations (Noori et al., 2013).

Conclusion:

Being a caregiver requires a lot of dedication and sacrifice, and as a result of spending so much time caring for someone else, sadness will eventually set in. Most spouses find themselves sacrificing their own health (and, in some circumstances, their sense of identity) in order to meet the demands of their loved one. It's a fine balance to maintain one's own health while protecting the health of others, and caregivers sometimes overlook their own physical and mental health.

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Declaration of competing Interest

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