



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY HEALTH SCIENCES

ISSN: 2394 9406

PERSONALITY PROBLEMS IN ALCOHOLIC RESULTING IN POOR RECOVERY

Dr. Rajendra M. Kulkarni¹, Dr. Vinay V. Joshi²

¹Associate Professor, Dept. of General Surgery

²Assistant Professor, Dept. of Psychiatry

Prakash Institute of Medical Sciences, Islampur. Tal- Walwa, Dist-Sangli. 415409

Corresponding Author' Mail ID: 02rajendramk@gmail.com

ABSTRACT:

A personality disorder is an unchanging and enduring pattern of thoughts and behaviors that can cause difficulties in several areas of a person's life. All personality disorders involve distorted patterns of thinking, inappropriate emotional responses, poor impulse control and social challenges.

Alcoholism and personality disorders commonly co-occur. People with alcohol use disorder may abuse alcohol as a means of coping with their intense emotions.

Keywords: Alcoholism, personality disorder, behavior

INTRODUCTION:

Effects of Alcohol on Personality Disorders

The occurrence of personality disorders in those diagnosed with alcohol disorders ranges from as low as 22–40 percent to as high as 58–78 percent. Alcohol use cannot prompt the development of a personality disorder, but it can impact the progression by worsening a personality disorder's symptoms and effects.

Some symptoms that worsen include:

- Increased impulsivity and risk-taking behaviors
- Erratic and poor decision-making
- Amplified mood swings
- Impaired emotional regulation
- More self-destructive actions
- Additional instability in relationships

Can Personality Disorders Lead to Alcohol Abuse

Alcoholism and personality disorders co-occur frequently. However, the onset of a personality disorder usually occurs before alcohol dependence develops. Dysfunction in areas of the brain during childhood that controls emotional responsiveness may increase a child's risk of developing a personality disorder and later trigger the development of alcohol dependence.¹

Alcohol-Related Psychiatric Symptoms and Signs

Heavy alcohol use directly affects brain function and alters various brain chemical (i.e., neurotransmitter) and hormonal systems known to be involved in the development of many common mental disorders (e.g., mood and anxiety disorders) (Koob 2000). Thus, it is not surprising that alcoholism can manifest itself in a broad range of psychiatric symptoms and signs. (The term "symptoms" refers to the subjective

complaints a patient describes, such as sadness or difficulty concentrating, whereas the term "signs" refers to objective phenomena the clinician directly observes, such as fidgeting or crying.) In fact, such psychiatric complaints often are the first problems for which an alcoholic patient seeks help (Anthenelli and Schuckit 1993; Helzer and Przybeck 1988). The patient's symptoms and signs may vary in severity depending upon the amounts of alcohol used, how long it was used, and how recently it was used, as well as on the patient's individual vulnerability to experiencing psychiatric symptoms in the setting of excessive alcohol consumption (Anthenelli and Schuckit 1993; Anthenelli 1997).²

Alcoholism is also associated with several psychiatric disorders that develop independently of the alcoholism and may precede alcohol use and abuse. These independent disorders may make certain vulnerable patients more prone to developing alcohol-related problems distinguishing Between Alcohol-Induced Syndromes and Independent Comorbid Disorders

Even after determining that a patient's constellation of symptoms and signs has reached syndromic levels and warrants a diagnosis of a mood, anxiety, or psychotic disorder, the possibility remains that the patient has an independent comorbid disorder that may require treatment rather than an alcohol-induced syndrome that resolves with abstinence. Although some people experience more persistent alcohol-induced conditions (and some controversy remains over how to treat those patients), only clients with independent comorbid disorders should be labeled as having a dual diagnosis.³

CONCLUSION:

How Often Do Personality Disorders And Alcoholism Co-Occur?

Personality disorders co-occur at high rates among people who seek treatment for alcohol abuse – more than double the rate found in the general population. According to a [recent study](#) published in the journal *European Psychiatry*, people with personality disorders are at five times the risk for an alcohol use disorder.

For explanation of this high rate, many experts point to the shared symptoms and personality characteristics commonly experienced by people with substance abuse and personality disorders. For instance, many people with personality disorders are impulsive. This can make them more likely to abuse substances such as alcohol or drugs.

Other risk factors for developing alcohol dependence include:

- lacking social support
- suicidal thoughts and previous suicide attempts
- difficulty managing emotions
- genetics
- not receiving treatment for the personality disorder (e.g. counseling, medication)
- having other mental health problems (i.e. mood or anxiety disorder)

What is alcoholism, or alcohol use disorder?

- Alcoholism has been known by a variety of terms, including alcohol abuse and alcohol dependence. Today, it's referred to as alcohol use disorder.
- It occurs when you drink so much that your body eventually becomes dependent on or addicted to alcohol.

When this happens, alcohol becomes the most important thing in your life.

- People with alcohol use disorder will continue to drink even when drinking causes negative consequences, like losing a job or destroying relationships with people they love. They may know that their alcohol use negatively affects their lives, but it's often not enough to make them stop drinking.
- Some people may drink alcohol to the point that it causes problems, but they're not physically dependent on alcohol. This used to be referred to as alcohol abuse.

ACKNOWLEDGEMENT:

We are grateful to Hon'ble Trustees of PIMS, Islampur, for supporting us. We are thankful to the departmental staff for cooperation in completion of our work.

REFERENCES:

1. <https://www.therecoveryvillage.com/alcohol-abuse/related-topics/personality-disorders-and-alcohol/>
2. <https://pubs.niaaa.nih.gov/publication/arh26-2/90-98.htm>
3. <https://vertavahealth.com/alcohol/personality-disorders/>