Co-Occurring Disorders

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**Introduction**

Number of mental and physical disorders can be seen from past times up to date with a huge amount of addictions. Some of those mental and physical disorders or problems and diseases occur due to natural issues such as normally seen disease e.g. cancer, diabetes, and hepatitis, etc. But not usually while most of the time, disorders and diseases can be seen faced by individuals due to their behavior and use of bad things. The same is the case with alcohol use. The use of alcohol leads to several mental and physical problems. Hence, it can be stated that alcohol and its use lead to several problems which include both physical and mental disorders. But, according to (Barnes et.al, 2009) the use of alcohol or alcohol use (in most cases) leads to gambling addiction and attention deficit disorder. Here, the main purpose of this research-based paper is to identify and prove the scientific relationship between alcohol use with gambling addiction and attention deficit disorder.

**Analysis**

Alcohol use or alcohol abuse is a serious concern and problem in people. Alcohol use is the pattern of drinking that exists in people and in this pattern people used to drink too much alcohol too often. This interferes with the routine life of people. People suffer from this pattern when they start to drink or when they drink too much alcohol at a time or continuously after a few hours each day. Every person or individual has a clear idea that the use of alcohol is bad for health and has negative impacts on their health in many ways but most of the time, no one prefers to stop it. They do so because they have been addicted to the use of alcohol. As mentioned, the use of alcohol impacts one’s life inversely and negative, it does lead to many other bad habits. The use of alcohol impacts people both mentally and physically. Hence, it leads to several mental issues such as stress, anxiety, depression, and alters brain chemistry while becoming a source for people to get involved in other bad habits and activities such as behavior addiction, gambling addiction, and other drug addiction.

**Gambling Addiction**

For some people or individuals, gambling is harmless fun or activity. In other words, most of the people (who are addicted to gambling up to some extent) state/say that gambling is an activity and fun that does not harm someone’s psyche nor disturb mental health. But, according to (Burge, Pietrzak, & Petry, 2016), gambling becomes a problem when it has not been stopped at the right time. This is a compulsive behavior that is often called problem gambling.

The gambling addiction is a progressive addiction that can have several inverse and negative psychological, social and physical repercussions. Gambling addiction is also considered as an impulse control disorder because gambling adductors are unable to control their behavior from going towards the activities of gambling. This problem or disorder also leads to many other issues such as depression, distress, anxiety, migraine, and many other intestinal and intentional disorders.

**Attention Deficit Disorder**

Attention deficit disorder is a type of disorder or problem that occurs at the time when individuals experience troubles and/or difficulties to maintain attention and control physical movement and energy. This problem or disorder occurs at different stages of life. It can be witnessed in the children, adults and even the aged people all around the US and the entire world. A number of different events, situations, medical conditions and use of unhealthy things like alcohol lead to several characteristics of attention deficit disorder.

So, based on the reasons, concerns, and arguments, it can be stated that there is a very close relationship between the uses of alcohol with gambling addiction, and attention deficit disorder. As mentioned earlier that alcohol use leads to several other habits and mental and health problems, so gambling addiction is a bad habit whereas attention deficit disorder is a neurological disease. While both of them occur due to the use of alcohol.

Hence, for the purpose to justify that relationship of alcohol use with gambling addiction and attention deficit disorder, this research-based paper would research, analyze, and justify this relationship.

**Relationship of Alcohol use with Gambling Addiction**

A new report claims that the similarities and connections between alcohol use and gambling addiction are very close then of previous times. According to (Barnes et.al, 2009), the issues of alcohol use and gambling addiction can be dealt with one another side by side. The report developed based on the feedbacks of 60 respondents to the survey. Based on the respondents' feedback, people admit to the addiction to gambling when increasing the use of alcohol in routine life (Baines, Jones, & Christiansen, 2016). In terms of recommendations given by the respondents, most of the recommendations were like, we should stop the use of alcohol if we are focusing on decreasing or eliminating the gambling addiction of individuals.

The report called “A Losing Bet” states and claims that there is a strong and parallel relationship that converts to a relationship like a relationship between perpendicular lines which come closer and closer and come near to each other with the time. Based on the findings of (NIH, 2018), more than 86% percent of individuals and surveys’ respondents agree that the treatment of controlling gambling addiction can be done if the addiction and use of alcohol have been stopped and controlled. In other words, controlling the behavior and addiction to gambling can be best done if the use of alcohol has been controlled. Beyond that, many healthcare practitioners claims and state that the use and misuse of alcohol and its control is one of the best ways to control the behavior of people and communities from engaging in gambling addiction.

**Risk Factors**

Furthermore, the relationship between the use of alcohol with gambling addiction is very strong because most or risk factors of alcohol use and abuse can be witnessed as the risk factors of gambling addiction. Hence, some of the crucially close and even the same risk factors of both of the behaviors are;

**Sex:** It has been seen and evaluated even all the time that males are more likely to use alcohol more than of the females. While on the other side, the same is the case with gambling addiction. This means that males are more likely to get engaged in gambling addiction and this has been witnessed even in every case and analysis.

**Age:** The use of alcohol can be seen with a higher rate in young and middle-aged individuals in most communities and societies. While it cannot be hidden that the people aged between 24 years to 45 years are seen engaged with gambling addiction than of adults or more aged people from 50 to 65 years old.

**Substance Abuse History:** The individuals who have substance abuse history are much commonly engaged with the use of alcohol while similarly, individuals with substance alcohol abuse disorder are more likely than normal to be engaged in gambling addiction (Ali et.al, 2013). Beyond that, it can also be witnessed very commonly that the people who are addicted to alcohol use are particularly very common gambling adductors.

**Socioeconomics:** It is a fact that the use of alcohol is seen even in every area that includes both higher socioeconomic areas and lower socioeconomic areas. But, the alcohol abuse and more than normal use can be witnessed mostly in higher socioeconomic areas or regions while same areas (high socioeconomic areas) are much known for the people who are strongly gambling adductors or who much addicted to gambling in comparison to lower socioeconomic areas (Ali et.al, 2013).

Despite the above, the research studies and findings of physiology, neuroscience, and genetics over the last 2.5 decades designate and show that the addiction or use of drugs has stronger than normal relationships and both of them act in the same way on the brains of human beings as well. The addicted individuals to gambling share mostly the same as genetic risks. The research findings of (Anselme, & Robinson, 2013), states that individuals get addicted to gambling because due to the use of alcohol because alcohol creates the minds that do take the risk and think always about something credibly amazing which are out of the thoughts of a normal person. While gambling is something doing so. Hence, it can be said that the use of alcohol leads to addiction to gambling. Besides, they tend to take higher and more risks than people normally take. In other words, it can be resulted and stated that the use of alcohol leads to gambling.

**Comorbidity**

In terms of comorbidity, some researches suggest that there is a very high rate of comorbidity between the use of alcohol and gambling addiction. Based on the analysis of the data of a large study in the States of America founds that the use of alcohol is more frequently reported co-occurring condition among even all of the individuals with gambling addiction and even disorder. In the study developed by the American Addiction Centers Resources, more than 73 percent of the involved people were found that they have been addicted to gambling just because of their huge size of alcohol and continuous addiction with it.

The relationship of alcohol use with gambling addiction is close and they are much related to each other as well because due to the involvement of a number of factors. For instance, alcohol users and adductors have been found having the strongest and greatest link to gambling addiction. As well as both the alcohol and gambling serve at the most nightclubs. On the other side from the perspective of most common individuals, the pattern which has been witnessed among people and communities with a huge history is the development of the problem of gambling addiction because of alcohol use (Calado, Alexandre, & Griffiths, 2017). Hence based on the above results and findings gathered, it has been found that there is a strong and close relationship of alcohol use with gambling addiction.

**Relationship of Alcohol use with Attention Deficit Disorder**

There are some relationships between many factors such as drug addiction and disorders, it leads to. But, the relationship of alcohol use with the Attention Deficit Disorder is like a very risky relationship and even a combination. Alcohol is a depressant up to some extent and that is why people prefer to use it for getting comfortable especially in situations when they do not feel comfortable. In short, the relationship of alcohol use with the attention deficit disorder is causal. For the purpose, different conditions or situations should be met to determine and validate the relationship of alcohol use with the attention deficit disorder.

So, there is a number of things and analysis of conditions that demonstrate the relationship (causal relationship) of alcohol use with the attention deficit disorder but the most credible and highly perfect conditions are as follows.

* The cause (attention deficit disorder) must precede the impacts (the use of alcohol).
* The alcohol use or abuse and attention deficit disorder should be correlated while the correlation should be enough large for mandating the consideration from an applied or theoretical standpoint (Abouzari et.al, 2015).
* Attention deficit disorder must be a unique reason for alcohol-related problems while being independent of other variables that may plausibly cause those problems.

Hence, if the above-listed condition has been met then it can be resulted that there is a close relationship between alcohol use with the attention deficit disorder. While, based on the analysis of studies, it has been found the above-listed condition such as the cause (attention deficit disorder) must precede the impacts (the use of alcohol) has been found met most of the time in people and environment. In simple words, the condition that causes attention deficit disorder results from the effects of alcohol use.

Additionally to the above argument, the research findings of American Addiction Centers resources state that the use of alcohol (as well as other co-occurring substance abuse or addiction like gambling addiction) also tend to higher rates of attention deficit disorder and many other problems such as risky sexual behaviors and anti-social personality disorder. Beyond that, alcohol use has been found a source that leads to the frontal lobe of human brains and they have been chiefly affected which further leads to weakening one’s thinking ability and capacity.

In the year 2010, around one million students have been facing trouble and difficulties in thinking and giving attention to their studies. After the studies conducted to figure out the actual reason behind the troubles students’ face, a researcher conducted by (Barnes et.al, 2009) finds that the students face trouble of disorder known as attention deficit disorder while the major reasons behind the problem they (students) are facing is the use of alcohol. The study also found that the use of alcohol is done by the students for the purpose to destroy the tension about their studies and get comfortable in their lives.

In the United States, around 27 percent of the people including adults treated being treated for alcohol use are diagnosed with the problem of attention deficit disorder (WHO, 2019).

On the other side of our main concern that alcohol use has a relationship with attention deficit disorder, attention deficit disorder also leads to alcohol use and abuse. More than 67 percent of the children with attention deficit disorder are more likely to be alcohol users and even abusers in their teenage and go to their adulthood age with such troubling dependence (Abouzari et.al, 2015). The individuals especially adults who are troubling with attention deficit disorder find it much difficult and hard to stop alcohol use once they get addicted to it.

Very rare but a positive side of the relationship of alcohol use with the attention deficit disorder is that alcohol can be seen beneficial and helpful for the people troubling with attention deficit disorder in the case when the survive with the issue of boldness or confidence because it (not always) build confidence level over the time. But most of the time, it does not build confidence level while only eliminate the hesitating behavior and nervousness for the time being.

**Diagnostics and Treatments**

1. **Alcohol Use/Abuse**

**Diagnostics**

There are several things that doctors do for diagnoses of alcohol use, some main and importance diagnostics are explained below;

* **Physical Examination:** While no specific or particular test is there to diagnose the use of alcohol while some strong lab tests are used by most of the doctors. In this, identifying the health problems which are allied to alcohol use is the way to diagnose the issue.
* **Dsm-5 Criteria:** The DSM-5, published by the American Psychiatric Association is used by healthcare or mental health practitioners and professionals to diagnose alcohol use or abuse (Mayo Clinic, 2019).
* **Background And Habits:** Analysis of the alcohol users’ family and friends by asking several questions and identifying the usual habits of the person while following the laws.

**Treatment**

Treatment of alcohol use differs based on the condition and needs of abusers. Hence the treatment for alcohol use disorder might include the following.

* **Withdrawal and Detox:** Detox and withdrawal is a program that usually takes days between 2 to 7 where the alcohol users are given with sedating medications for prevention.
* **Psychological Counseling:** Therapy and psychological counseling are considered as one of the best treatment options for alcohol use disorder. In this, the alcohol users or abusers have been assisted to understand the problems with the use of alcohol and recover yourself from the psychological aspect of its use (Mayo Clinic, 2019).
* **Injected Medication:** Injected medication is the treatment in which the Vivitrol is injected by the healthcare practitioners or professionals once in a month with the additional medications.

**Gambling Addiction**

**Diagnostics**

Following are the ways and techniques through which the gambling addiction disorder can be diagnosed.

* **Identifying Gambling Habits:** Analysis of the alcohol users' family and friends by asking several questions and identifying the usual habits of the person while following the laws.
* **Evaluating Medical Information:** Examination of medical information is one of the finest ways to identify gambling addiction because most of the drugs and other things (such as alcohol discussed above) lead to compulsive behavior where one is gambling addiction. So this evaluation helps to diagnose gambling addiction (Mayo Clinic, 2019).

**Treatment**

Treatment of gambling addiction includes but not only the following.

* **Therapy:** Cognitive behavioral therapy is beneficial for the treatment of gambling addiction. This utilizes a systematic exposure to the behavior of the adductor and assists him/her to control the addiction and behavior where negative beliefs are identified and replaced with the positive ones.
* **Medications:** Some of the most helpful medications for gambling addiction treatment are mood stabilizers and antidepressants as they decrease the gambling behavior of individuals.
* **Self-Help Group:** Asking people who experienced gambling in past times as well as getting assistance from healthcare professionals is an effective step for the treatment of gambling addiction (Burge, Pietrzak, & Petry, 2016).

**Attention Deficit Disorder**

**Diagnostics**

Not a particular test can ensure the diagnosis of attention deficit disorder but diagnosing this disorder includes;

* **Physical Exam**, to assist rule out related possible causes of symptoms.
* **Mental Health Disorder**, like language deficit, depression, and anxiety. As well as usage of medication and drugs etc.
* **Gathering Information**, like asking about the existing medical problems and medical history of the family and personal symptoms (Mayo Clinic, 2019).
* **Psychological Test of ADHD**, helps to gather and examine the information about any of the symptoms.

**Treatment**

The treatment for attention deficit disorder mainly and typically includes but not only,

1. Medication such as stimulants including amphetamine or methylphenidate
2. Skills training and learning
3. Education and edification
4. Psychological and spiritual or mental counseling

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