Severe Depression among Young Adult Men who use Drugs in the Club Scene

Steven P. Kurtz and Mance E. Buttram

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• The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institute on Drug Abuse or the National Institutes of Health.

• There are no conflicts to report.
Miami is an international center of nightclub culture

“Every night is like New Year’s Eve on South Beach, and drugs and sex are all part of it.”
RCT of behavioral interventions to reduce substance use and HIV transmission risk among young adults.
Eligibility criteria:

1) Ages 18-39

2) Past 90 day behaviors
   - Heterosexual sex
   - Used club drugs and misused Rx drugs
   - Attends large EDM clubs

These analyses include baseline data from men only (N=275)
**MEASURES**

**Severe depression:** 6 or more of 9 DSM-IV items, including hopelessness, sadness and tiredness.

**Substance dependence:** 3 or more of 7 DSM-IV items, including withdrawal symptoms and tolerance.

**Childhood Victimization:** First physical, sexual and/or emotional abuse before age 18.

**Severe Traumatic Stress:** 5 or more of 12 DSM-IV distress symptoms related to memories of the past.

**Negative Coping Behaviors:** include drinking/drugs or sex to avoid thinking about problems, self criticism, etc.

**Low Social Support:** Score lower than 18 out of 36 on the Medical Outcomes Study social support scale
## DEMOGRAPHICS BY Severe Depression Status

<table>
<thead>
<tr>
<th></th>
<th>Men without SD</th>
<th>Men with SD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N (200)</td>
<td>% (72.7)</td>
</tr>
<tr>
<td>Age (mean)</td>
<td>25.7</td>
<td>26.1</td>
</tr>
<tr>
<td>Race/ethnicity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hispanic</td>
<td>134</td>
<td>46</td>
</tr>
<tr>
<td>Black non-Hispanic</td>
<td>39</td>
<td>14</td>
</tr>
<tr>
<td>White non-Hispanic</td>
<td>24</td>
<td>10</td>
</tr>
<tr>
<td>Other</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td>Education HS diploma or more</td>
<td>169</td>
<td>60</td>
</tr>
<tr>
<td>Income &lt; $1000 / month</td>
<td>56</td>
<td>35</td>
</tr>
</tbody>
</table>

*p < .05  **p < .01  ***p < .001
## SUBSTANCE USE RISK FACTORS

<table>
<thead>
<tr>
<th>Days substance use (past 90)</th>
<th>Men without SD</th>
<th>Men with SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>47.8</td>
<td>49.8</td>
</tr>
<tr>
<td>Marijuana</td>
<td>62.5</td>
<td>61.7</td>
</tr>
<tr>
<td>Cocaine</td>
<td>30.6</td>
<td>32.2</td>
</tr>
<tr>
<td>MDMA</td>
<td>29.9</td>
<td>29.2</td>
</tr>
<tr>
<td>Rx opioids</td>
<td>28.1</td>
<td><strong>39.1</strong></td>
</tr>
<tr>
<td>Rx benzodiazepines</td>
<td>30.3</td>
<td><em>40.1</em></td>
</tr>
</tbody>
</table>

| Substance dependence (N / %) | 123 (61.5%) | 72 (96%)  *** |

| Age first alcohol use       | 13.5         | 12.9        |
## PSYCHOSOCIAL RISK FACTORS

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Men without SD</th>
<th>Men with SD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N (200)</td>
<td>% (72.7)</td>
</tr>
<tr>
<td><strong>Childhood Victimization</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>108</td>
<td>54.0%</td>
</tr>
<tr>
<td><strong>Severe Traumatic Stress</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>47</td>
<td>23.5%</td>
</tr>
<tr>
<td><strong>Low Social Support</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>13.5%</td>
</tr>
<tr>
<td><strong>Negative Coping (mean; range 1-5)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.04</td>
<td></td>
</tr>
<tr>
<td><strong>Unprotected Sex w/ casual partner</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>138</td>
<td>69.0%</td>
</tr>
</tbody>
</table>
## RESULTS:
Bivariate and Multivariate LR models predicting SD

<table>
<thead>
<tr>
<th></th>
<th>OR</th>
<th>95% CI</th>
<th>AOR</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Income &lt; $1000/ month</td>
<td>2.286**</td>
<td>1.31, 3.98</td>
<td>2.219*</td>
<td>1.09, 4.51</td>
</tr>
<tr>
<td>Substance Dependence</td>
<td>15.024***</td>
<td>4.57, 49.36</td>
<td>7.378**</td>
<td>2.11, 25.81</td>
</tr>
<tr>
<td>Childhood Victimization</td>
<td>3.042***</td>
<td>1.67, 5.53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Severe Traumatic Stress</td>
<td>6.918***</td>
<td>3.85, 12.42</td>
<td>2.489*</td>
<td>1.20, 5.17</td>
</tr>
<tr>
<td>Low Social Support</td>
<td>3.681***</td>
<td>1.97, 6.87</td>
<td>2.534*</td>
<td>1.16, 5.54</td>
</tr>
<tr>
<td>Negative Coping Behaviors</td>
<td>2.235***</td>
<td>1.76, 2.84</td>
<td>1.780***</td>
<td>1.35, 2.35</td>
</tr>
<tr>
<td>Unprotected Sex w/casual ptnt</td>
<td>2.359**</td>
<td>1.19, 4.69</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
LIMITATIONS

- Data are self reported
- Eligibility criteria limit generalizability
- Diagnostics not clinician-administered

DISCUSSION

- Lack of demographic predictors
- Higher RX misuse frequency: attempts to self medicate depression?
CONCLUSIONS

➢ Severe mental health problems among young men are underreported in the literature

➢ These data point to early trauma leading to poor coping behaviors and drug dependence

➢ Longitudinal designs needed to clarify causality

➢ MH and substance treatment outreach and services are clearly needed

➢ Hidden population requiring targeted approach
Thank you

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