

# Depression, Anxiety, Alcohol Use Not Uncommon Among People

## Depression, Anxiety, Alcohol Use Not Uncommon Among People with Chronic

Back and neck pain are among the most common complaints in industrialized or developed countries. Statistics show anywhere from 15 percent to 56 percent, depending on the country in which you live. For neck pain, the chances are back pain often go hand in hand.

Although there have been studies investigating people with mood disorders who had back pain, there have been no studies on back pain and mood, anxiety, or alcohol disorders in populations from several developed countries.

Researchers in this study examined data from 17 countries from all over the world. They had four goals: to estimate the prevalence of mood disorders in the general population, to estimate the same prevalence among people who have mood, anxiety disorders, or alcohol dependence, among those with back and/or neck pain, to investigate the consistency across the 17 countries in the study. Eighteen groups: one from Beijing and one in Shanghai.

All participants were interviewed, face-to-face, using the *Composite International Diagnostic Interview (CIDI 3.0)* that assesses possible risk factors. The disorders included major depression, generalized anxiety disorder (GAD), panic disorder, agoraphobia, alcohol abuse, or alcohol dependence. Participants were also asked questions adapted from the *US Health Interview Survey*.

Results from the study covered a very wide range. Although chronic back and/or neck pain was found in all 18 groups, prevalence ranged from 15.1 percent in Colombia to a high of 42.1 percent in the Ukraine. When analyzing the data for mood disorders and neck and back pain prevalence, but it went as low as 2.5 percent in Lebanon to as high as 15.7 percent in the United States. Although other mood disorders, anxiety disorders, and alcohol abuse and dependency, not just depression as is commonly thought.

The authors concluded that this was the first cross-national, population-based study investigating chronic back or neck pain associated with only depression, but also anxiety and alcohol dependence or abuse. With this knowledge, doctors should be able to better manage their patients.

Koen Demyttenaere et al. Mental Disorders Among Persons with Chronic Back or Neck Pain: Results from the World Health Survey. *Journal of Affective Disorders*. Pp. 235-255.