



# A Review On Risk Of Psychosis And General Health Status On Individuals With Alcohol Dependency.

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*Abstract:* Alcoholism is a chronic, curable illness that has a major effect on one's physical and mental well-being. By combining data from research on the connection between alcohol use disorder (AUD), psychosis, and overall health outcomes, this review seeks to close that gap. Ten of the 85 studies that were found through a thorough search of major databases met the inclusion requirements. The results show a substantial correlation between internalizing psychopathologies, such as depression, anxiety, and psychosis, and severe alcohol use. Early onset, masculine gender, low educational attainment, and socioeconomic adversity are important risk factors. Male young adults turned out to be a high-risk demographic, underscoring the significance of focused preventative and intervention measures. The use of self-reported data and the absence of long-term research are among the limitations. Future research should focus on longitudinal outcomes and more diverse populations to improve clinical responses and public health strategies.

**Keywords** - “alcohol”, “psychosis”, “general health”

## I. INTRODUCTION

Addiction is a treatable chronic medical disorder that involves complex interactions between a person's environment, experiences, genetics, and brain circuits. Addicts take substances or engage in obsessive behaviors that they usually keep up despite the consequences. Strategies for treating and preventing addiction are usually no less successful than those for other chronic conditions. Addiction Medicine American Society, 2018). Alcoholism is a major worldwide public health issue that not only causes high rates of morbidity and mortality but also puts individuals at risk for complex mental health problems. The literature on the combination of psychotic symptoms and overall health decline in this population is dispersed, despite extensive research on drinking and its physical effects. Our knowledge of how these factors interact in individuals with alcoholism is lacking because previous research has often concentrated on either the physical or mental health aspects alone. By incorporating information on the risk of psychosis

and overall health condition in persons with alcohol dependence, the current review seeks to bridge this knowledge gap. By doing this, we intend to shed light on these comorbidities' prevalence, likely cause, and clinical implications. To improve results for this vulnerable population, more integrated treatment techniques that address both mental symptoms and general health concerns must be developed. This requires an understanding of these connected components

## II. RESEARCH METHODOLOGY

From the beginning to 2010, we carried out an extensive literature search across electronic databases such as PubMed/MEDLINE, Embase, PsycINFO, Web of science associated with "alcohol dependency," "alcohol use disorder," "psychosis," "alcohol-induced psychosis," "general health status," were integrated in the search approach. We also manually searched the collected publications' reference lists and pertinent reviews for more research. Criteria for Inclusion and Exclusion Studies that satisfied the following requirements were accepted, Adults with an alcohol use disorder or alcohol dependent who are at least 18 years old. Exclusion criteria included , Research that only examined psychoses caused by non-alcohol substances. Non-English-language full-text articles that cannot be accessed through institutional subscriptions or open-access. 85 records were found after a thorough search of databases (such as PubMed, Embase, PsycINFO, and Web of Science) was carried out. 50 distinct records remained after duplicates were eliminated. Articles (n = 15) that did not fit the inclusion criteria were not included. The remaining 20 articles' whole texts were obtained and evaluated in light of the eligibility requirements. A total of 10 studies were accepted for the review.

## III. Review of literature

Author(s)	Year	Key Findings
V. Kuzminov	2021	Individuals with acute psychosis and alcoholism have poorer quality of life; effective rehabilitation requires understanding of psychorganic syndromes.
Kusumadewi et al	2023	All alcohol users are at risk for psychotic disorders, especially those with a history of psychosis or substance use. A detailed medical

		history is crucial for tracking aetiology and progression. (Repeated twice in your input)
Kushner et al	2012	Alcohol dependence is strongly related to overall internalising psychopathology (e.g., anxiety, depression). Knowing about specific disorders is less useful than understanding total internalising burden.
Madavi et al	2024	AUD is associated with early initiation, male gender, ageing, low education, unskilled jobs, and long-term dependence. Personality traits vary with dependence severity.
Kuzminov	2022	Severity of psychosis during withdrawal is influenced by days of heavy drinking, type/amount of alcohol, diet, and presence of acute physical illness.
Lefebvre-Durel et al	2024	Delusional thinking declined with abstinence/reduced drinking. First study to track psychosis proneness in severe AUD; larger sample replication needed.

Zrnka Kovačić Petrović et al	2020	Alcoholism negatively affects quality of life in all areas: lower education, higher unemployment, more divorce and single status.
Odlaug et al	2016	Among 2979 alcohol-dependent patients (mean age 48.8), 77% had moderate-to-severe co-occurring mental/physical issues. High rates of depression, hospitalisation, and job productivity loss.
Vijay Ramanan	2016	9.7% prevalence of alcohol use (17.1% among men). Higher rates in joint families and ages 46–55. Many drank for stress relief; one-third began before 20. High rates of social strain and chronic illness.
Oluwasegun Ayenigbara et al	2018	Excessive alcohol use harms health, family relationships, finances, work, social life, and academics.

#### IV. RESULTS AND DISCUSSION

The body of research shows a strong, reciprocal relationship between alcohol consumption and declining mental health, especially when it comes to internalizing psychopathologies and psychotic disorders. These hazards are further exacerbated by personality factors, early beginning, and sociodemographic weaknesses. A biopsychosocial strategy that includes medical, psychological, and social therapies customized to the patient's history and present state is necessary for effective therapy and recovery. The age group of 21–40 uses alcohol the most. Disparities by Gender Drinking more often than women has a negative impact on

health. Alcoholism is associated with worse mental and physical health. Risk of Psychosis Increased impulsivity and social disengagement are associated with heavy alcohol use.

## V. CONCLUSION

Conclusion Drawn from the Data, since young adult males have the highest rates of alcohol abuse, intervention programs should focus on them. Psychological anguish and declining health are closely linked to heavy drinking. Higher psychosis risk factors are displayed by alcohol intake outliers, highlighting the necessity of mental health screening in alcohol rehabilitation programs.

## VI. Implications

1. Research gaps: A systematic review may identify the need for additional longitudinal studies, studies on the long-term effects of addiction, or studies on specific populations.
2. Awareness: More public health campaigns focused on prevention and early intervention could result from a thorough study that emphasizes the harmful effects of cannabis and cigarette addiction.

## VII. Limitation

1. Short-term review: Although a lot of research focuses on the short-term effects of cannabis and cigarette addiction, it usually skips over the long-term effects on behaviour, health, and recovery. Without long-term evidence, it is challenging to understand the long-term repercussions of addiction and recovery.
2. The research' techniques for gathering data included: Dependency on self-reports: Studies have assessed addiction using self-reported data, which may be skewed due to the possibility of overreporting or underreporting substance usage. If individuals are dishonest about their cigarette or cannabis use, it could affect the validity of the findings.

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