

PREVALENCE OF MENTAL DISORDERS AMONG PEOPLE WITH OPIOID USE DISORDER: A SYSTEMATIC REVIEW AND META-ANALYSIS

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Introduction:

Opioid use disorder (OUD) and mental disorders are major public health issues and comorbidity is common. To our knowledge, this is the first systematic review and meta-analysis to estimate the prevalence of comorbid mental disorders among people with OUD.

Method:

Observational studies of people with OUD that assessed depression, anxiety, bipolar, personality, attention-deficit, and other pre-specified mental disorders among people with OUD were included. We extracted prevalence of each mental disorder, sample characteristics, and methodological factors from each publication. Random-effects meta-analyses were used to pool prevalence estimates for each disorder with 95% Confidence Intervals (CIs). Meta-regressions and stratified analyses were used to assess differences in mental disorder prevalence estimates by sample characteristics.

Results:

Of the 36,971 publications identified, we included data from 345 studies and 104,135 people with OUD in at least one pooled estimate. Among people with OUD, the prevalence of current depression was 36.1% (95%CI 32.4-39.7%), anxiety was 29.1% (95%CI 24.0-33.3%), attention-deficit disorder was 20.9% (95%CI 15.7-26.2%), post-traumatic stress disorder was 18.1% (95%CI 15.4-20.9%), and bipolar disorder was 8.7% (95%CI 6.7-10.7%). Lifetime prevalence of anti-social personality disorder was 33.6% (95%CI 29.1-38.0%) and borderline personality disorder was 18.2% (95%CI 13.4-23.1%). Sample characteristics and methodological factors, such as participant sex and recruitment setting, were associated with variance in pooled estimates.

Discussions and Conclusions:

Our findings emphasise the need for access to mental disorder treatment among people with OUD. Specific prevalence estimates of each mental disorder may inform clinical guidelines, treatment services, and future research among this population.

Disclosure of Interest Statement:

Mr Santo reported receiving the Australian Government Research Training Program Fee Offset scholarship and Australian Federal Government Department of Health Grants National Centre Core Funding during the conduct of the study. Dr Campbell reported receiving grants from Indivior and NHMRC Early Career Fellowship during the conduct of the study. Dr Degenhardt reported receiving grants from NHMRC Fellowship, project funding and grants from the National Institutes of Health Project funding, grants from Indivior Untied to evaluate new opioid medications in Australia, and grants from Seqirus United to evaluate new opioid medications in Australia outside the submitted work. No other disclosures were reported.