



Detrimental Effects of Relapsing Disorder and Associated Psychological Interventions

Irene Rodolico*

Department of Psychiatry, Technical University of Munich, Munich, Germany

DESCRIPTION

Drug addiction is a chronic and relapsing disorder that involves the compulsive use of substances despite their harmful consequences. Drug addiction can affect various aspects of a person's life, including their physical health, social relationships, work performance, and legal status. However, one of the most serious and often overlooked effects of drug addiction is its impact on mental health. Drug addiction can cause or worsen various mental health problems, such as depression, anxiety, bipolar disorder, schizophrenia, Post-Traumatic Stress Disorder (PTSD), and Attention-Deficit Hyperactivity Disorder (ADHD). These mental health problems can interfere with a person's ability to function normally, cope with stress, and enjoy life. Moreover, these mental health problems can also increase the risk of relapse and overdose, as well as suicide and violence.

There are several mechanisms by which drug addiction can affect mental health. First, drug addiction can alter the brain's structure and function, especially in areas that are involved in reward, motivation, memory, learning, emotion regulation, and impulse control. These changes can impair a person's cognitive abilities, judgment, decision-making, and self-control. Second, drug addiction can disrupt the balance of neurotransmitters in the brain, such as dopamine, serotonin, norepinephrine, and glutamate. These neurotransmitters are responsible for regulating mood, arousal, pleasure, pain, and stress. When these neurotransmitters are dysregulated by drug use, a person can experience mood swings, irritability, anxiety, depression, paranoia, hallucinations, and delusions. Third, drug addiction can affect a person's psychological and social well-being. Drug addiction can cause a person to isolate themselves from their family and friends, lose interest in their hobbies and goals, neglect their responsibilities and obligations, and engage in risky behaviors that can harm themselves or others. These factors can contribute to low self-esteem, guilt, shame, hopelessness, loneliness, and despair.

These include pharmacological interventions (such as medication-assisted treatment for opioid addiction or antidepressants for

depression), psychological interventions (such as cognitive-behavioral therapy or motivational interviewing), and social interventions (such as peer support groups or family therapy). The most effective treatment approach is usually a combination of these modalities that is customized to the individual's needs and preferences. The goal of treatment is to help the person achieve recovery from both drug addiction and mental health problems by enhancing their motivation to change, reducing their cravings and withdrawal symptoms, improving their coping skills and emotional regulation strategies, and restoring their sense of meaning and purpose in life. According to the Centers for Disease Control and Prevention (CDC), 15% of high school students reported having ever used select illicit or injection drugs (such as cocaine, heroin, methamphetamines, inhalants, hallucinogens, or ecstasy), and 14% of students reported misusing prescription opioids. These substances can affect the brain's development and functioning, especially in areas that are responsible for learning, memory, attention, motivation, and impulse control. As a result, drug use can impair school children's cognitive abilities, judgment, decision-making, and self-regulation. Drug addiction is a serious condition that can have negative impacts on mental health. Drug addiction can cause or worsen various mental health problems that can impair a person's functioning and well-being. However, drug addiction and mental health problems are treatable conditions that can be overcome with appropriate help and support. By seeking professional help and engaging in recovery-oriented activities, a person can improve their quality of life and achieve their full potential.

The relationship between drug addiction and mental health is complex and bidirectional. This means that drug addiction can cause or worsen mental health problems, but also that mental health problems can increase the vulnerability to drug addiction. For example, some people may use drugs to self-medicate their mental health symptoms or to cope with stressful life events. However, this can create a vicious cycle where drug use exacerbates the mental health problems and creates new ones. Therefore, it is important to address both drug addiction and

Correspondence to: Irene Rodolico, Department of Psychiatry, Technical University of Munich, Munich, Germany, E-mail: iredos@ich.gr

Received: 02-Jun-2023, Manuscript No. JOP-23-21936; **Editor assigned:** 05-Jun-2023, PreQC No. JOP-23-21936 (PQ); **Reviewed:** 19-Jun-2023, QC No JOP-23-21936; **Revised:** 26-Jun-2023, Manuscript No. JOP-23-21936 (R); **Published:** 03-Jul-2023. DOI: 10.35248/2378-5756.23.26.606

Citation: Rodolico I (2023) Detrimental Effects of Relapsing Disorder and Associated Psychological Interventions. J Psychiatry. 26:606.

Copyright: © 2023 Rodolico I. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

mental health problems simultaneously and comprehensively. There are various treatment options available for people who suffer from both drug addiction and mental health problems.