

8 Most Common Dual Diagnosis Conditions

Many addicts have a dual diagnosis—their addiction plus a mental health condition. Some addicts use drugs and alcohol to try to self-medicate their mental health symptoms, while others developed symptoms after substance abuse. These are the most common dual diagnosis conditions and how addicts try to alleviate the symptoms.

1

Bipolar Disorder

Symptoms: Intense shifts in mood, energy and functioning between depression and mania.

Most Commonly Abused Drugs: Alcohol or cocaine, depending on whether they are in a depressive or manic cycle.



2

Post-Traumatic Stress Disorder (PTSD)

Symptoms: Nightmares, hypervigilance, detachment and recurring distress after an extreme traumatic event (war, assault) created a post-traumatic stress response in their brains.

Most Commonly Abused Drugs: Alcohol, benzodiazepines and sleeping pills to find relief from symptoms.



3

Attention Deficit Hyperactivity Disorder (ADHD)

Symptoms: Persistent pattern of inattention and inability to focus and/or hyperactivity-impulsivity. Adult symptoms include "zoning out," extreme distractibility, struggling to complete tasks, chronic lateness and addictive tendencies.

Most Commonly Abused Drugs: Alcohol and/or stimulant abuse creates a heightened sense of focus or relaxation to decrease the ADHD symptoms.



4

Anxiety

Symptoms: Excessive worry and/or apprehensive expectations that have a negative impact on daily functioning.

Most Commonly Abused Drugs: Alcohol, benzodiazepines and other sedatives, cocaine and opiates. An anxious person continues using alcohol or drugs to avoid discomfort.



5

Obsessive-Compulsive Disorder (OCD)

Symptoms: Recurrent obsessions or compulsions that are time consuming or cause noticeable distress with a negative impact on daily function.

Most Commonly Abused Drugs: Marijuana or alcohol to slow down obsessive thoughts.



6

Depression

Symptoms: Persistent sad, anxious or empty mood; feelings of hopelessness and worthlessness; decreased energy, fatigue and the loss of interest in activities that once were pleasurable.

Most Commonly Abused Drugs: Alcohol slows down and depresses sensation to mask mood.



7

Panic Disorder

Symptoms: Recurrence of panic attacks marked by sweating, trembling, feeling of choking, chest pain, nausea, feeling dizzy and fear of dying.

Most Commonly Abused Drugs: Psychiatric medications like benzodiazepines and alcohol in social situations.



8

Schizophrenia

Symptoms: Delusions, hallucinations, disorganized speech and disorganized behavior.

Most Commonly Abused Drugs: Nicotine, caffeine and other stimulants temporarily relieve delusions and some hallucinations.



Dual Disorders

Kim Tornvall Mueser

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the author's name.

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