

# 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

**Robert R. Redfield**



## Dual Disorders:

## Unveiling the Magic of Words: A Review of "**Dual Disorders**"

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