

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

Hemant Kashyap^{1*}, Karuna Kashyap², Dr. Lalhmingmawii³

ABSTRACT

Background: Spouses of individuals with alcohol use disorder (AUD) experience significant psychological effects due to their partner's drinking. A critical but often overlooked factor affecting both partners' mental health is the quality of their marriage. Alcohol addiction impacts not only the addict but also those living with them. Intimate partner violence is more prevalent when alcohol consumption reaches dangerous levels. Heavy drinking often leads to unhappy and stressful relationships, increasing the risk of conflict and violence. This fact sheet reviews existing knowledge on how alcohol contributes to intimate partner violence and highlights the associated risks for the victimized partner, their children, and other family members, including personal, social, vocational, psychological, and mental health issues. **Aim:** This review study aimed to examine the impact of alcohol use on the quality of life of spouses. Literature was reviewed both manually and through electronic resources like PubMed and Google Scholar. **Result:** Most participants were women, as no studies focused exclusively on men. The research utilized well-established Quality of Life tools based on various philosophical and theoretical perspectives. The majority of studies found that spouses of alcohol users experienced a lower quality of life. **Conclusions:** The review concluded that spouses of individuals with alcohol use disorders had significantly poorer quality of life compared to the general population. The primary factor associated with this low quality of life was being the spouse of an alcoholic.

Keywords: Alcoholism, Spouse, Quality of Life

Alcohol use disorders are a leading cause of disability in many countries. They represent not just a medical issue but also a significant social and public health problem that can adversely affect family members who provide care. Globally, alcohol misuse is a major health concern. Recent data from various studies in India (2010–2019) show that the prevalence of alcohol use ranges from 3.8% to 65.8%. The prevalence of alcohol use disorders (AUDs) among adults is 3.6%, contributing to 1.4% of the global disease burden. According to the latest WHO data, the average daily consumption of pure alcohol is 13.5 grams, equating to 6.2 liters per year. Globally, 50.1% of alcohol is consumed as spirits and 34.8% as beer, leading to approximately 3.3 million deaths

¹Ph.D. Clinical Psychology Research Scholar, Department of Clinical Psychology, Mizoram University, Aizawl.

²Psychiatric Social Worker, Department of Psychiatry, Amritdhara My Hospital, Karnal, Haryana, India.

³Assistant Professor, Department of Clinical Psychology, Mizoram University, Aizawl.

*Corresponding Author

Received: August 11, 2024; Revision Received: September 07, 2024; Accepted: September 11, 2024

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

annually. Emerging nations are particularly concerned about the high number of alcohol-related deaths and diseases. India reports 3.3 million alcohol-related deaths each year, ranking it 4 out of 5 on the "Years of Life Lost Scale," indicating significant early mortality due to alcohol consumption.

In 2010, the average person aged 15 or older worldwide consumed 6.2 liters of pure alcohol each year, which is about 13.5 grams of pure alcohol daily. Alcohol is a major cause of over 200 diseases and health problems, according to the International Classification of Diseases-10 (ICD-10). In 2012, alcohol was linked to approximately 3.3 million deaths, which is 5.9% of all global deaths. In India, 4.9% of the population suffers from alcohol use disorders, and alcohol consumption is increasing, showing that alcohol use is a serious issue in the country.

Spouses are often the main caregivers for individuals with alcohol addiction and face serious psychosocial challenges, including difficulties with social interactions, communication, physical health, and mental health issues. The main impacts of alcoholism on individuals and their families include financial strain, emotional and physical distress, and social and professional disruption, all of which negatively affect the spouse's quality of life. These issues often lead to partner violence, which can be emotional, sexual, verbal, or physical.

Wives of alcoholics frequently shoulder additional responsibilities within the family and confront financial difficulties and mental anguish. Marital quality, which reflects the overall satisfaction with the marriage based on interactions and feelings between spouses, is notably lower in couples where one partner has an alcohol use disorder. Research indicates that the higher divorce rates among patients with alcohol use disorders are strongly linked to the partner's alcohol problem.

Living with a drug addict significantly lowers the quality of life and strains the family due to issues such as substance dependency, financial instability, and various forms of abuse, including physical, psychological, and verbal. This impact is particularly severe for family members residing with the addict. Since involving family members is recommended for the recovery process of those with substance dependence, it is crucial to evaluate the suffering and reduced quality of life experienced by caregivers. Studies have identified that the primary burden is economic, followed by stigmatization, relationship and emotional problems, and child maltreatment. The financial strain caused by substance abuse also affects the spouse's quality of life. Research indicates that caring for individuals with substance use disorders can be extremely demanding and adversely affect the spouse's overall well-being.

Spouses of individuals with alcohol-related disorders (ARDs) are a crucial part of the dysfunctional family system and are highly vulnerable to severe psychiatric issues such as mood disorders, anxiety disorders, and psychosocial problems. They play a key role in treatment programs for alcohol-related illnesses. Research shows that in family settings, these spouses often describe themselves as being as unwell as their partners, exhibiting behaviors like a desire to control, torment, or humiliate their partners. Many of these women, who may be children of alcoholics themselves, also experience deep-seated anxiety and feelings of inadequacy, which are sometimes masked by a sense of superiority over their spouse. Caregivers' quality of life is significantly affected by factors such as the burden of caregiving, the need for coping strategies, social stigma, financial strain, and physical and emotional stress. Women married to men with alcohol problems often face social rejection,

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

job loss, and a lack of normalcy in their lives, leading to a substantial decrease in their quality of life.

Table No: 1 Results of recent studies on the quality of life for an alcoholic's spouse.

S.no	Authors	Year	Title	Finding
1	Kumar P et al	2023	Comparative study of quality of life in spouses of patients with alcohol and opioid dependence	The study found that spouses of individuals with opioid use disorder had a better quality of life compared to those married to individuals with alcohol dependence syndrome.
2	Garg R et al	2021	Impact of family stigma and caregiver burden on quality of life among wives of patients with alcohol and opioid use disorder	Increased financial burden led to a decreased overall quality of life, along with reduced satisfaction with physical health, psychological well-being, and the surrounding environment.
3	Goit BK et al	2021	Burden and Quality of Life Among Primary Caregiver of Alcohol Dependence Syndrome	The study results showed that the average score for quality of life evaluation was 2.78 (± 0.66), and the average score for overall health perception was 3.57 (± 0.64). In comparison, caregivers of individuals with alcohol dependence had lower quality of life scores, with mean values of 23.40 (± 3.04) for physical health, 18.91 (± 2.36) for psychological health, 10.63 (± 1.39) for social relationships, and 25.58 (± 2.80) for the environment.
4	Patkar P et al	2021	Quality of life and suicidal ideation in wives of men with alcohol dependence: A hospital- based study	The results showed that the study group had a lower perceived quality of life compared to the control group.
5	Johnson D et al	2021	Resilience in Wives of Persons with Alcohol Use Disorder and their Marital Quality: A Cross-Sectional Study from a Tertiary Care Center	With a mean resilience score of 50.98 (ranging from 26 to 77), 52% of the women reported that their marriage was significantly affected. The study found that lower resilience was associated with poorer marital quality.
6	Vadher S et al	2020	Burden of care in caregivers of patients with alcohol use disorder and schizophrenia and its association with anxiety, depression and quality of life	Caregivers who are overwhelmed by their responsibilities often experience common symptoms such as anxiety, depression, and a reduced quality of life.
7	Callinan S et al	2019	Harms from a partner's drinking: an international study on adverse effects and reduced quality of life for women	The percentage of paired respondents reporting a detrimental heavy drinker varied by country, with 4% in the US and Nigeria and 33% in Vietnam. Occasional heavy drinking was the most consistent predictor of perceived harm, likely because it reflects societal acceptance of alcohol use. Women with partners who drank heavily reported significantly lower average life satisfaction compared to those whose partners did not drink excessively.

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

S.no	Authors	Year	Title	Finding
8	Birkeland B et al	2018	The quality of life when a partner has substance use problems: a scoping review	Most studies found that spouses of individuals with drug use disorders had a lower quality of life compared to the general population, with the substance use of the affected individual being the most significant factor impacting their quality of life. Two studies indicated that having a male spouse is associated with a poorer quality of life, while having a female partner is linked to a better quality of life.
9	Jose TT et al	2018	A Study on Quality of Life (QOL), Stress and Coping among Wives of Alcohol Dependence Syndrome (ADS) Clients Admitted in Selected Hospitals of Udupi District	The WHOQOL-BREF scores for each domain were converted to WHOQOL-100 scores. The physical domain had a mean score of 22.05 ± 10.51 . The psychological domain had a mean score of 24.63 ± 10.44 , while the social connections domain had a mean score of 84.45 ± 19.48 . The environment domain received a mean score of 16.53 ± 8.50 .
10	Deepa PS et al	2017	Marital Quality and Social Functioning in spouses of individuals with and without Alcohol Dependence	Spouses of alcoholics reported significantly lower social functioning and marital quality compared to spouses of non-alcoholics. There is a positive correlation between marital quality of life and social functioning for spouses of alcohol-dependent individuals.
11	Gandhi, R. R., Suthar, M. A., Pal, S., & Rathod, A. J.	2017	Anxiety and depression in spouses of males diagnosed with alcohol dependence: a comparative study.	Wives of men with alcohol use disorder experience notably higher rates of depression (38%) and anxiety (59%) than those whose husbands do not have the disorder (17% and 38%, respectively). The odds ratios for depression and anxiety are 3.01 and 2.31, underscoring a significant correlation. This heightened psychiatric burden adversely affects the entire family, diminishing treatment participation and overall family quality of life.
12	Dandu, A., Bharathi, S., & Dudala, S. R. ⁴⁰	2017	Psychiatric morbidity in spouses of patients with alcohol related disorders.	The age of alcohol-dependent men ranged from 23 to 67 years (mean 41.24 ± 10.101), while their spouses were aged 21 to 60 years (mean 35.04 ± 8.98). About 36.6% of the men and 43.6% of the wives were aged 31–40 years. The study confirms previous findings that the duration of alcohol abuse by husbands, along with marital dissatisfaction, poor family support, and low socioeconomic status, are linked to psychological issues in spouses of men with alcohol-related disorders.
13	Pawar S et al	2016	Incidences of Violence and Quality of Life on Spouses with Alcohol Dependence Individuals	The average scores for different quality of life domains revealed that the physical health of wives of alcohol users (19.36 ± 2.09) was poorer compared to that of spouses of non-alcoholics (21.77 ± 1.69). Psychological health was also worse among wives of alcohol users (13.70 ± 2.13) compared to those of non-alcoholics (20.00 ± 2.11). Social health was lower for wives of alcohol users (6.93 ± 1.38) compared to their counterparts (9.76 ± 1.04). Additionally, environmental health for spouses of alcohol users (19.10 ± 2.52) was

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

S.no	Authors	Year	Title	Finding
				poorer than for spouses of non-alcoholics (25.76 ± 1.88). Quality of life in these areas was strongly associated with some violent domains.
14	Surajit Kumar Sen, Robin Victor, Kaveri Saxena	2016	Family Burden in Alcohol Dependence: A Study in Northeastern India	The study found that most alcohol dependence cases were in individuals aged 35 to 44 years (44%), with their primary caregivers being predominantly between 30 and 39 years old (44%). Spouses served as primary caregivers for 74% of cases, and 34% of individuals had been struggling with alcohol dependence for 10–14 years. Caregivers frequently experienced moderate family burden, especially in terms of disruptions to daily activities, recreation, and family interactions. Greater family burden was associated with alcohol dependence lasting 15 years or more. Higher subjective burden was also observed among caregivers who were spouses, lived in rural areas, had nuclear families, were either illiterate or had only primary education, belonged to lower socioeconomic classes, and were financially dependent on others.
15	Kishor, M.; Pandit, Lakshmi V.; Raguram, R.	2013	Psychiatric morbidity and marital satisfaction among spouses of men with alcohol dependence.	More than 65% of spouses of alcohol-dependent men suffered from psychiatric disorders, with 43% diagnosed with major depressive disorder. A strong link was found between psychiatric morbidity, marital dissatisfaction, and the severity of alcohol dependence, particularly when issues in physical, interpersonal, and intrapersonal areas were pronounced. Psychological distress and low marital satisfaction are common among these spouses.
16	Alok Tyagi, Shubham Mehta	2013	'I drink, you suffer': impact of partner's alcohol consumption on spouse.	The sample had a mean age of 30.67 years (SD 8.125), with the majority being housewives (66.7%) and identifying as Hindu (83.3%). Husbands had been consuming alcohol for an average of 9.60 years (SD 2.79), with a mean AUDIT score of 11.47 ± 4.05 . Wives had an average PHQ-9 score of 4.87 ± 5.49 , showing a significant correlation between their depressive symptoms and their husbands' AUDIT scores. There was also a strong association between AUDIT scores and suicidal thoughts in wives, often linked to concerns about their children's future. This supports evidence that women are more vulnerable to depression when married to alcoholics, a pattern seen in both clinical and community studies.
17	SATYANA RAYANA, V. A., VADDIPARTI, K., CHANDRA	2010	Problem drinking among married men in India: Comparison between husband's and wife's reports.	In the sample of 509 individuals, problem drinking was prevalent, affecting 37% (n = 186). There was a high level of agreement between husbands and wives regarding problem drinking, with concordance ($r = 0.57-0.75$) on eight out of ten items, as well

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

S.no	Authors	Year	Title	Finding
	, P. S., O'LEARY, C. C., BENEGAL, V., & COTTLER, L. B.			as on the overall AUDIT score.
18	N.K. Singh, D. Bhattacharje e, B. Das and M. Kumar	2009	Interaction patterns in Indian families with alcohol-dependent persons	Results indicated that spouses of individuals with alcohol dependence experienced worse family interaction patterns in areas like reinforcement, social support, roles, communication, and leadership compared to spouses of those without alcohol dependence. Significant differences in family interaction patterns were observed between the two groups.

METHOD

A review paper was selected for evaluation, involving a search of both manual and electronic databases, such as PubMed and Google Scholar, to find relevant literature. The search revealed a limited number of studies on the quality of life for spouses of alcohol users. The search strategy focused on parameters related to the subject (quality of life), participants (spouse), and context (alcohol consumption). Both original, full-length, peer-reviewed research articles—quantitative and qualitative—were included. Articles were also identified through manual searches of key references and those known by co-authors. The studies considered involved current spouses of individuals with alcohol use disorders. The review primarily focused on self-reported quality of life, including multidimensional categories such as social/relational and physical/psychological health domains, specifically addressing quality of life issues for spouses of alcoholics.

DISCUSSION

Many studies have been done on the quality of life for the spouse of an alcoholic. This review study evaluated the spouse of an alcoholic's quality of life. The quality of life was worse for spouses of alcoholics. Given that spouses of patients with substance use disorders are actively involved in their care, quality of life is a crucial factor. Patients' spouses who drank alcohol had worse quality of life. Financial stress can be attributed to debt, lost wages from substance abuse, medical costs associated with treating alcoholism, etc. Alcohol use disorder has a detrimental effect on one's physical and psychological well-being, marital relationships, and can cause psychiatric morbidity in women over the course of the illness. All these factors may lead to significant reductions in quality of life. Garg R et al was found reduced overall quality of life of wives. Patkar et al was found poorer perceived quality of life of wives. Marcon SR et al who came to the conclusion that, in comparison to users, the caregivers' quality of life was more negatively impacted in the areas of functional ability, physical aspect, discomfort, and vitality. However, interpersonal issues including stress, domestic violence, and interpersonal conflicts that people with alcohol dependence syndrome confront as caregivers—primarily spouses—could also be a factor in the lower quality of life associated with drug use disorders. Indian study has regularly demonstrated that husbands' alcohol consumption causes interpersonal problems for their spouses. and specifically domestic violence in interpersonal problems is much more common in Alcohol dependence syndrome as compared to other drugs. Sorensen J, et, al study shows an association between exposure to physical violence and reduction in health-related quality of

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

life. According to a cross-sectional study conducted in the US, partner alcohol issues provide women a variety of health risks that extend far beyond domestic abuse and have an impact on mood, anxiety, stress, general health, and quality of life. Deepa PS et al study shows Spouses of alcohol addicted individuals perceived significantly lesser marital quality. Johnson D et al study was found to be associated with poor marital quality. Kumar P et al was founded that spouse of patients with Alcohol dependence syndrome had lower quality of life as compared to the spouses of patients with opioid use disorder.

CONCLUSIONS

Marriage is intended to offer emotional support and stability throughout life. However, when one partner suffers from alcoholism, it can severely disrupt not only their own well-being but also that of their spouse and family. This review highlights how the quality of life for spouses of individuals with alcohol use disorders is significantly diminished. The primary factors contributing to this decline are the substance abuse itself, which brings about considerable stigma and stress, and the potential for physical abuse, which exacerbates marital difficulties. Spouses of those with alcohol use disorders experience notable declines in quality of life across several dimensions, including physical health, psychological well-being, social relationships, and environmental conditions. They often face greater financial and emotional challenges compared to those with partners who have opioid use disorders. These challenges contribute to heightened levels of anxiety, depression, and overall dissatisfaction.

In contrast, women with non-alcoholic partners typically report better marital quality, fewer suicidal thoughts, and reduced feelings of sadness. The reviewed studies consistently show that spouses of individuals with alcohol dependence are at a marked disadvantage compared to the general population. Regional variations in reported harm from alcohol consumption reflect differing cultural attitudes, while the significant caregiving burden underscores the need for targeted support and interventions to improve the well-being of these spouses.

REFERENCES

- Birkeland B, Foster K, Selbekk AS, Høie MM, Ruud T, Weimand B. The quality of life when a partner has substance use problems: a scoping review. *Health and quality of life outcomes*. 2018 Dec; 16:1-4.
- Callinan S, Rankin G, Room R, Stanesby O, Rao G, Waleewong O, Greenfield TK, Hope A, Laslett AM. Harms from a partner's drinking: an international study on adverse effects and reduced quality of life for women. *The American journal of drug and alcohol abuse*. 2019 Mar 4;45(2):170-8.
- Cranford JA. DSM-IV alcohol dependence and marital dissolution: Evidence from the national epidemiologic survey on alcohol and related conditions. *J Stud Alcohol Drugs* 2014; 75:520-9.
- Dawson DA, Grant BF, Chou SP, Stinson FS. The impact of partner alcohol problems on women's physical and mental health. *J Stud Alcohol Drugs* 2007; 68:66-75.
- Deepa PS, Khess CR, Bhattachargee D, Singh NK. Marital Quality and Social Functioning in spouses of individuals with and without Alcohol Dependence. *Indian Journal of Psychiatric Social Work*. 2017 May 29:62-7.
- Dudala, S., Dandu, A., & Bharathi, S. (2017). Psychiatric morbidity in spouses of patients with alcohol related disorders. *Journal of Family Medicine and Primary Care*, 6(2), 305. https://doi.org/10.4103/jfmpc.jfmpc_331_16.
- Eashwar VMA, Umadevi R, Gopalakrishnan S. Alcohol consumption in India- An epidemiological review. *J Fam Med Prim Care* 2020; 9:49-55.

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

- Fox R. Alcoholism: Behavior Research, Therapeutic Approaches. New York: Springer; 1968. p. 134-44.
- Gandhi, R., Suthar, M., Pal, S., & Rathod, A. (2017). Anxiety and depression in spouses of males diagnosed with alcohol dependence: a comparative study. *Archives of Psychiatry and Psychotherapy*, 19(4), 51–56. <https://doi.org/10.12740/app/79459>
- Garcia-Moreno C, Jansen HA, Ellsberg M, Heise L, Watts CH; WHO Multi-country Study on Women's Health and Domestic Violence against Women Study Team. Prevalence of intimate partner violence: Findings from the WHO multi-country study on women's health and domestic violence. *Lancet* 2006; 368:1260-9.
- Garg R, Gupta A, Kundal D, Singh S. Impact of family stigma and caregiver burden on quality of life among wives of patients with alcohol and opioid use disorder. *Asian J Pharm Clin Res*. 2021;14(11):135-8.
- Goit BK, Acharya B, Khattri JB, Sharma R. Burden and quality of life among primary caregiver of alcohol dependence syndrome. *American Journal of Psychiatry and Neuroscience*. 2021 Jan 12;9(1):1.
- Johnson D, Varughese S, Kallivayalil RA. Resilience in wives of persons with alcohol use disorder and their marital quality: A cross sectional study from a tertiary care center. *Indian J Soc Psychiatry* 2021; 37:312-8.
- Jose TT, Yesodharan R, Nayak AK, KG A. A study on quality of life (QOL), stress and coping among wives of alcohol dependence syndrome (ADS) clients admitted in selected hospitals of Udipi district. *Indian Journal of Public Health*. 2018 Dec;9(12):275.
- Kaur D, Ajinkya S. Psychological impact of adult alcoholism on spouses and children. *Med J DY Patil Univ*. 2014;(7): p. 124-7.
- Kishor, M., Pandit, L., & Raguram, R. (2013). Psychiatric morbidity and marital satisfaction among spouses of men with alcohol dependence. *Indian Journal of Psychiatry*, 55(4), 360. <https://doi.org/10.4103/0019-5545.120557>
- Kumar P, Saharan D, Dahiya P, Singh P. Comparative study of quality of life in spouses of patients with alcohol and opioid dependence. *International Journal of Life Sciences, Biotechnology and Pharma Research* Vol. 12, No. 4, Oct-Dec 2023
- Kumar S, Schess J, Velleman R, Nadkarni A. Stigma towards dependent drinking and its role on caregiving burden: A qualitative study from Goa, India. *Drug Alcohol Rev* 2022; 41:778-86.
- Lam D, Donaldson C, Brown Y, Malliaris Y. Burden and marital and sexual satisfaction in the partners of bipolar patients. *Bipolar Disord*. 2005; 7:431–440.
- Lim SS, Vos T, Flaxman AD, Danaei G, Shibuya K, Adair-Rohani H, et al. A comparative risk assessment of burden of disease and injury attributable to 67 risk factors and risk factor clusters in 21 regions, 1990-2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*. 2012 December 15; 380(9859): p. 2224-60.
- Marcon SR, Rubira EA, Espinosa MM, Barbosa DA. Quality of life and depressive symptoms among caregivers and drug dependent people, *Rev Lat Am Enfermagem*, 2012 ; 20(1):167-74.
- Mattoo SK, Nebhinani N, Kumar BN, Basu D, Kulhara P. Family burden with substance dependence: A study from India. *Indian J Med Res* 2013; 137:704-11.
- Moos RH, Finney JW, Concrute RC. Alcoholism Treatment: Context, Process and Outcome. New York: Oxford University Press; 1990. p. 291.
- Nurhayati SR, Faturochman F, Helmi AF. Marital quality: A conceptual review. *Bul Psikol* 2019; 27:109-24.

The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals

- Patkar P, Walia TS, Singh I, Chaudhury S, Saldanha D, Diwan C. Quality of life and suicidal ideation in wives of men with alcohol dependence: A hospital-based study. *Industrial psychiatry journal*. 2021 Oct 1;30(Suppl 1): S184-8.
- Pawar S, Kapse P, Kiran M. Incidences of Violence and Quality of Life on Spouses with Alcohol Dependence Individuals. *Journal of Medical and Pharmaceutical Innovation*; 3 (16) 2016; 15-20
- Sarkar S, Patra BN, Kattimani S. Substance use disorder and the family: An Indian perspective. *Med J DY Patil Univ*. 2016; 9:7–14.
- Satyanarayana, V. A., Vaddiparti, K., Chandra, P. S., O’leary, C. C., Benegal, V., & Cottler, L. B. (2010). Problem drinking among married men in India: Comparison between husband’s and wife’s reports. *Drug and Alcohol Review*, 29(5), 557–562. <https://doi.org/10.1111/j.1465-3362.2010.00177.x>
- Sekii T, Shimizu S, So T. Drinking and domestic violence: Findings from clinical survey of alcoholics. *Nihon Arukoru Yakubutsu Igakkai Zasshi* 2005; 40:95-104
- Sen, S., Victor, R., & Saxena, K. (2016). Family burden in alcohol dependence: A study in north-eastern India. *International Journal of Medical Science and Public Health*, 5(11), 2402. <https://doi.org/10.5455/ijmsph.2016.18052016513>.
- Shareef N, Srivastava M, Tiwari R. Burden of care and quality of life (QOL) in opioid and alcohol abusing subjects. *Int J Med Sci Public Health* 2013; 2:880-4.
- Singh, N. K., Bhattacharjee, D., Das, B., & Kumar, M. (2009). Interaction patterns in Indian families with alcohol-dependent persons. *Hong Kong Journal of Psychiatry*, 19(3), 117+. <https://link.gale.com/apps/doc/A208132895/HRCA?u=anon~322f6f1&sid=googleScholar&xid=6c70e4ab>.
- Sorensen J, Kruse M, Gudex C, Helweg-Larsen K, Bronnum-Hansen H., Physical violence and healthrelated quality of life: Danish cross-sectional analyses.
- Steinglass P. The impact of alcoholism on the family. Relationship between degree of alcoholism and psychiatric symptomatology. *J Stud Alcohol* 1981; 42:288-303.
- Subodh NB, Grover S, Grewal M, Grewal S, Basu D, Mattoo SK. Interpersonal violence against wives by substance dependent men. *Drug Alcohol Depend*. 2014; 138:124–9.
- Tyagi, A., & Mehta, S. (2013). I drink, you suffer’: impact of partner’s alcohol consumption on spouse. *Sri Lanka Journal of Psychiatry*, 4(2), 45–46.
- Vadher S, Desai R, Panchal B, Vala A, Ratnani IJ, Rupani MP, Vasava K. Burden of care in caregivers of patients with alcohol use disorder and schizophrenia and its association with anxiety, depression and quality of life. *General psychiatry*. 2020;33(4).
- Vaishnavi R, Karthik MS, Balakrishnan R, Sathianathan R. Caregiver burden in alcohol dependence syndrome. *J Addict* 2017; 2017:8934712.
- WHO Expert Committee on Problems Related to Alcohol Consumption. WHO expert committee on problems related to alcohol consumption. Second report. *World Health Organ Tech Rep Ser* 2007; 944:1-53, 55-7.
- WHO Global Status Report on Alcohol and Health 2018. World Health Organization. Available from: http://www.who.int/substance_abuse/publications/global_alcohol_report/en/. [Last accessed on 2020 May 23].
- WHO. Global status report on alcohol and health 2014. Luxembourg; 2014.
- WHO. World Health Organization. [Online]; 2012 [cited 2016 May 11. Available from: <http://apps.who.int/gho/data/view.main.53660>.
- World Health Organization. Global Status report on Health. Geneva: WHO; 2014. p. 15.

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Kashyap, H., Kashyap, K. & Lalhmingmawii (2024). The Price of Partnership: Quality of Life Issues Faced by Spouses of Alcohol-Dependent Individuals. *International Journal of Indian Psychology*, 12(3), 1977-1986. DIP:18.01.195.20241203, DOI:10.25215/1203.195