

Research Paper

## Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults

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### ABSTRACT

This abstract delves into the complex relationship of Alcohol dependence and generalised anxiety disorder (GAD), which are prevalent and often co-occurring conditions, particularly among young adults. This comorbidity presents a significant public health concern, as each condition can exacerbate the other, complicating diagnosis and treatment. This paper reviews the relationship between (AD) alcohol dependence and GAD in young adults, examining the underlying mechanisms, its impact on mental health, and implications for treatment and prevention. A comprehensive literature review was conducted, focusing on studies that investigate the co-occurrence of AD and GAD in young adults. The review includes analyses of Biological, Social, and psychological factors contributing to the development of conditions, as well as the challenges in treatment. Findings suggest the bidirectional relationship between AD and GAD. Many young adults with GAD use alcohol as a form of self-medication, which can lead to dependency; conversely, chronic alcohol use can worsen the anxiety symptoms, creating a vicious cycle. The interaction between these conditions is influenced by various factors, including genetic predisposition, neurobiological changes, maladaptive coping mechanisms, and environmental stressors. This analysis showed a strong positive relationship the risk for alcohol dependence and the shared components of the anxiety & depression diagnoses.

**Keywords:** *Generalized Anxiety Disorder, Young Adults, Mental Health, Treatment, Alcohol Dependence*

**A**lcohol Dependence is one of the major risk factors for chronic diseases and injury in most countries of the world. Rehm et al. (2022) estimated that 3.8% of all global mortality and 4.6% of global disability-adjusted life-years were the result of alcohol use. Two out of every three “alcoholics” meet the criteria for another major psychological disorder at some time in their lives. The disorders among alcoholics described in the section “Anxiety Disorders among Alcohol-Dependent Persons” were difficult to interpret because of the impact of acute and protracted withdrawal syndromes. Acute withdrawal symptoms,

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## **Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults**

including heightened feelings of anxiety, panic attacks, and phobic behaviours, are most likely to appear during the first week of abstinence. Thus, a more accurate reflection of an association between anxiety disorders and alcoholism might accrue from longer-term perspective evaluations of alcohol-dependent individuals.

### ***Alcohol Dependence***

Alcohol Dependence is also known as alcoholism. It is a chronic disease characterised by an inability to control alcohol consumption despite negative consequences. Edwards & Gross (1976) first proposed the concept of Alcohol Dependence. Liquor is considered to be the most harmful substance in the world when associated with death, disability, and suffering and the full range of social harms are considered (Nutt et al., 2010). Although alcohol use disorders are the leading causes of preventable death, treatment options are still limited. At present, there are only a few pharmacological treatments specifically indicated for alcohol dependence in Europe, the USA and Australia. Liquor Reliance shows through a run of indications, counting an expanded resilience to liquor, withdrawal side effects when not drinking, and a determined want or unsuccessful endeavours to cut down on liquor.

It affects nearly every organ system in the body, leading to severe health issues such as liver disease, cardiovascular problems, and neurological damage. It also contributes to a significant burden on mental health, often co-occurring with disorders like depression and anxiety. Alcohol Dependence has been suggested as a possible key factor influencing baclofen response, including factors such as severity of drinking, withdrawal and anxiety (Leggio et al., 2010). A huge number of ponders have reported the joins between liquor utilize disarranges and other mental wellbeing, such as bipolar full of feeling clutter, major sadness, and summed up uneasiness clutter.

The journey to dependence often begins innocently, with occasional drinking that gradually becomes more frequent and problematic. Over time, the individual's ability to control their drinking diminishes, and they become increasingly reliant on alcohol to cope with daily life and stressors. According to the World Health Organization [WHO] (2007), the incidence of alcoholism in the world is 3–5% of the adult population. The predominance of liquor reliance within the WHO European Locale in 2016 was 3.7%. Alcohol use disorders are frequently comorbid with social anxiety disorder (Buckner et al., 2008, Davidson et al., 1993, Grant et al., 2005, Kessler et al., 1997).

Alcohol dependence requires treatment that might be long-lasting and requires the commitment of all family members, especially spouses (Brooks et al. 2017; McCann et al. 2019). Intensive treatment of Alcohol Dependent men means changes in the patterns of addictive behaviours and attitudes towards members of the family. In family/couple-based treatment programs, spouses can play an important role (McCann et al. 2019). Women can help support their husbands better in the recovery process. Women's capacity to take part within the handling of treatment and recovery can be influenced by their claim to physical and mental well-being.

To further characterise alcoholism as a chronic illness, the concept of physical dependence was introduced into the diagnostic criteria. The first two criteria were physical—the development of tolerance to alcohol and the development of withdrawal symptoms. The remaining five criteria were behavioural signs of dependence, such as spending a great deal

## **Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults**

of time obtaining, drinking, or recovering from the effects of alcohol and drinking more alcohol, or for longer, than intended (A. Himle & M. Hill, 1991).

### ***General Anxiety Disorder***

Generalised Anxiety Disorder (GAD) is a prevalent and debilitating mental health condition characterised by chronic, excessive worry about various aspects of daily life, including health, work, and interpersonal relationships. Depression and anxiety are the most common psychiatric disorders among women whose partners have alcohol dependence (Kishor et al. 2013). Depression occurs three times and anxiety occur two times more often in comparison to women whose husbands are not alcohol dependent (Ariyasinghe et al. 2015; Dandu et al. 2017; Kishor et al. 2013).

Anxiety disorders are also highly comorbid with one another; 50% of individuals with an anxiety disorder meet the criteria for another anxiety disorder (Goldenberg et al., 1995; Dick, Bland, & Newman, 1994; Dick, Sowa, Bland, & Newman, 1994; Wittchen, Zhao, Kessler, & Eaton, 1994; Kessler, Sonnega, Bromet, Hughes, & Nelson, 1995). Sixty-two per cent of the sample had a primary anxiety disorder and 38% had a secondary anxiety disorder (Goldenberg et al., 1995)

Few imminent ponders have inspected the impacts of liquor utilize disarranges on the characteristic course of depressive and uneasiness disarranges, and these have detailed clashing about. For example, people with comorbid alcoholism have a decreased risk of remission of major depressive disorder, remission of generalised anxiety disorder is less likely in people with comorbid substance use disorders. Uneasiness may act as a hazard or defensive calculation if there are directing impacts. One figure that will moderate this relationship is drinking to manage (DTC), the propensity to drink liquor to unwind, disregard stresses, cheer-up, adapt to misery or apprehension, or feel more self-confident (Cooper et al., 1992).

The pattern of onset of generalised anxiety disorder is different from that seen with other anxiety disorders. At the same time, most anxiety disorders develop before the age of 20. prevalence rate for generalised anxiety disorder in young adults and adolescents is lower and then increases subsequently with age. In primary care, the point prevalence rate is approximately 10% making Generalized Anxiety Disorder the most frequent anxiety disorder in primary care & secondary most frequent psychiatric disorder after depression. Higher uneasiness indications were related with more prominent liquor issues among people with tall DTC thought processes but not those with moo DTC thought processes (Goldstein et al., 2012).

### ***The Rationale for Studying Adolescence***

In the current study, we investigated whether generalised anxiety disorder (GAD) at age 18 was associated with frequent drinking, frequent bingeing, hazardous drinking, and harmful drinking at baseline and longitudinally at age 25 and we tested whether adolescent Generalized Anxiety Disorder motives moderated these associations. Understanding the co-occurrence is fundamental to addressing the double burden on people and society. These conditions contribute altogether to the by and large malady burden, affecting efficiency, expanding healthcare costs, and diminishing the quality of life.

## **REVIEW OF LITERATURE**

Buckner et.al. (2008) Suggestions of comorbid liquor reliance among people with social uneasiness clutter. Participants included 5,877 adults from the National Comorbidity Survey. The participants were interviewed at their homes As predicted, SAD was related to alcohol dependence (not abuse) after controlling for relevant conditions, indicating that SAD is linked to more serious liquor impedance which this connection isn't superior accounted for by other pathology. Findings from this study contribute to our understanding of the relations between SAD and AUD in several ways. First, as predicted, SAD was significantly associated with alcohol dependence, but not abuse.

Bellos et.al. (2016) aim was to investigate the longitudinal association between varying levels of alcohol consumption at baseline and the new-onset of depression and generalized anxiety disorder (GAD), in a large international primary care sample. the sample consisted of 3201 primary care attendees from 14 countries. To begin with, as anticipated, Pitiful was essentially related to liquor reliance, but not mishandled. Alcohol use by AUDIT. They come about appeared that Light to direct liquor utilization at standard was related to a lower frequency of sadness and GAD compared to restraint whereas intemperate liquor consumption was related to the next frequency of discouragement but not GAD.

Morley et.al., (2016) aim to assess the effectiveness of a 12-week specialized, integrated intervention for alcohol dependence with comorbid anxiety and/or mood disorder using a randomized design in an outpatient hospital setting. The study design borrowed from the stepped-care approach to interventions for alcohol dependence (Sobell and Sobell, 1999, 2000) integrated intervention (cognitive behavioural therapy) for alcohol, anxiety and/or depression, or (b) usual counselling care for alcohol problems. Results showed that Intention-to-treat analyses revealed a beneficial treatment effect of integrated treatment relative to usual counselling care for the number of days to relapse There were no significant treatment interaction impacts for DASS misery or uneasiness side effects

R. Gandhi et.al., (2017) aims to compare the proportion of anxiety and depression among spouses of males with alcohol use disorder and spouses of males without alcohol use disorder, Comparative study was conducted. Semi-structured questionnaires, PHQ-9 and GAD-7, were used. Results show that Wives of men with alcohol use disorder show significantly higher rates of both depression and anxiety when compared with wives of men without alcohol use disorder. Thus, it is important to be vigilant about it and intervene promptly.

CHUEH et.al., (2019) the consider pointed to investigate the affiliation between uneasiness and rest quality and whether everyday liquor utilization acted as a mediator between uneasiness and best quality 84 participants aged from 20-80 yrs who reported poor sleep, Pittsburgh sleep quality index, level of anxiety, level of depression, a structured questionnaire for daily alcohol consumption is used. Results stated that After adjusting for factors related to sleep quality using multiple regression analysis, receiving sleep therapy, consuming alcohol daily, and having anxiety were found to be predictors of poor sleep quality. every day liquor utilization was found to direct the relationship between uneasiness and best quality.

L. Dyer et.al (2019) aim to study the relationship between anxiety and alcohol use is unclear, and moderating factors, such as drinking to cope (DTC) motives, may explain mixed

## **Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults**

findings. Information has been collected on the centre members, their moms, fathers, grandparents, kin, and presently their descendants through surveys and centre clinics. By using (GAD). Generalised anxiety disorder, Drinking to cope (DTC) motives, Potential founders and alcohol use. The cross-sectional method has been used. Results showed that. There was no clear proof of a GAD x DTC interaction on liquor utilised at ages 18 or 21. Discoveries were reliable over different duplicate ascribed datasets.

Ribadier et.al., (2019) aimed to investigate personality and coping in an AUD population as potential predictors of anxiety and depression. He utilised a cross-sectional and multicenter consideration, on 122 AUD individuals in which 74 men and 48 ladies reacted to a sociodemographic meet and three self-questionnaires assessing personality (BFI), coping strategies (brief COPE), and anxiety-depression symptomatology (HADS). Results showed that AUD women show higher neuroticism, and use more emotion-focused coping and less problem-focused coping than AUD men. They also present higher anxiety. Neuroticism is related to an inability to utilize adapt methodologies.

Studer et.al., (2019) estimated the associations between an experience of AIB at age 20 and the incidence, maintenance and severity of AD at age 25 among Swiss men. Prospective cohort study with 5.5 years separating baseline and follow-up. Self-report surveys evaluating AIB, Advertisement, liquor (drinking volume, orgy drinking), cigarette and cannabis utilize, a few hazard components (sensation-seeking, family history of tricky liquor utilize, age of to begin with liquor inebriation) and socio-demographic variables. Results state that Among Swiss men, alcohol-induced blackout at age 20 predicts the development, maintenance and severity of alcohol dependence at age 25.

Allamani et.al., (2022) aim to examine whether in Europe perceptions of 'alcoholism' differ discretely according to a geographical area. among 1767 patients treated in liquor enslavement units of nine countries/regions over Europe. The analysis was performed through Multiple Correspondence Analysis. The Results showed that culture is traditionally oriented towards wine and a mixed intermediate alcoholic beverage situation. These designs of discernment appear to parallel the assorted drinking societies of Europe

Dostanic et.al (2022) aim to show the negative effects of men's excessive alcohol consumption on family members are well known. The research was designed as a cross-sectional study among female spouses of men who have been treated for alcohol dependence, The study was conducted from January to June 2018. Beck Anxiety Inventory (BAI), Beck Depression Inventory (BDI-II), and Alcohol Use Disorders Identification Test (AUDIT) were used. The results of this study have several practical implications. Experts, who are working with alcohol-dependent men and their influenced family individuals (i.e. most regularly their companions), ought to be mindful that the well-being status of ladies who are supporting their accomplices amid the treatment preparation might moreover be truly influenced.

Hong et.al., (2022) aims to examine the interaction between the proopiomelanocortin (POMC) polymorphism and alcohol dependence on anxiety symptoms of male problem drinkers, and further test the exact form of interaction on two competing models: the diathesis-stress model vs. the differential susceptibility model. A total of 440 male drinkers were recruited from the psychiatric hospitals. Blood samples were collected for genotyping, levels of alcohol dependence, and self-reported anxiety symptoms were assessed. Results

## **Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults**

stated that the POMC polymorphism significantly moderated anxiety symptoms associated with alcohol dependence

Lee et.al (2022) purpose of study examine the mediating effect of physical activity in the relationship between generalized anxiety disorder and overdependence on smartphones in adolescents Survey data conducted by the Ministry of Education, the Ministry of Health and Welfare, and the Korea Centers for Disease Control and Prevention were used as analysis data for this study The results showed that generalized anxiety disorder has a negative relationship with physical activity, and physical activity also has a negative relationship with overdependence on smartphones it was confirmed that the physical action incorporates a fractional interceding impact within the relationship between generalized uneasiness clutter and smartphone overdependence encounters. Expanding physical movement through group sports instead of personal sports may offer assistance to diminish smartphone utilize.

Siyou et.al., (2023) investigated how patients with alcohol dependence syndrome respond to oxazepam in combination with motivational interviewing in terms of anxiety and mental health. The study included 100 patients with liquor reliance who were conceded to our clinic between January 2019 and January 2021.They were under observation and the Results showed that the observation group saw greater increases in their GSES scores than the control group ( $P<0.05$ ); The HAMD and HAMA scores of both groups decreased after treatment compared to their baseline levels, with the HAMD and HAMA scores of the observation group being considerably lower than those of the control group ( $P<0.05$ ); Both the re-drinking rate and the readmission rate were considerably lower in the observation group (32.00% and 4.00%, respectively).

### **METHODOLOGY**

#### ***Aim***

The purpose of this study was to see how Alcohol dependency is related to generalised anxiety disorder in young adults.

**Scope:** This paper focuses on young adults' preferences, and generalised anxiety nowadays.

#### ***Search Strategy***

Databases like Google Researcher, JSTOR, Investigate Door, and Wikipedia, have been utilized to get it the scope of the paper. Liquor Reliance, Youthful Grown-ups, and Summed up Uneasiness Clutter are the look terms utilized for the discoveries of the important reports for the think about. Each subject was made utilizing the administrator "OR." The beginning subject was created for 'alcohol consumption' or 'alcohol utilisation. liquor enslavement, liquor abuse, liquor habit, liquor addiction and the moment for Summed up Uneasiness clutter is Common uneasiness. Uneasiness.

The papers which have been checked are from 2015-2024. This paper centred on the reliance on liquor expanding quickly among youthful grown-ups.

#### ***Inclusion Criteria***

Randomized-controlled trials (RCTs), controlled clinical trials (CCTs), cohort ponders, case-control and cross-sectional thinks about were chosen. Papers composed in English were included. Titles without abstracts of which the title recommended that they were related to the targets of this survey were chosen to screen the total content.

## **Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults**

### ***Exclusion Criteria***

Studies that did not address the focused question and duplicated studies were also excluded.

### ***Screening And Selection of Papers***

Randomized-controlled trials (RCTs), controlled clinical trials (CCTs), cohort studies, case-control and cross-sectional studies were chosen. Papers composed in English were included. Titles without abstracts of which the title recommended that they were related to the targets of this survey were chosen to screen the total content.

## **DISCUSSION**

Alcohol dependence, or alcohol use disorder (AUD), involves an inability to control alcohol consumption despite negative consequences. In young adults, several factors contribute to the risk of developing alcohol dependency. In young adults, there is college social pressure and norms that can encourage them to heavy drinking. Academic stress, career uncertainty, life transitions can drive young adults to use alcohol as a coping mechanism.

Alcohol affects the brain's reward system, particularly neurotransmitters like dopamine and gamma-aminobutyric acid (GABA). Chronic alcohol use can alter brain chemistry, leading to physical dependence. Over time, the brain becomes less sensitive to the effects of alcohol, leading to increased consumption to achieve the desired effects. Life stressors, such as financial difficulties, relationship problems, and job-related stress, can lead individuals to use alcohol as a coping mechanism.

This can create a cycle where stress leads to drinking, which in turn exacerbates stress and other life challenges. Chronic alcohol dependence has severe health consequences, including liver disease (cirrhosis, hepatitis), cardiovascular problems, neurological damage, and an increased risk of certain cancers. It also weakens the immune system, making individuals more susceptible to infections.

Generalized anxiety disorder (GAD) is characterized by excessive, uncontrollable worry about various aspects of life. Young adults may experience GAD due to life transitions like moving out, and starting a new career can create stress and all this can lead to dependency on alcohol. Alcohol dependence can lead to significant social and economic costs. It often results in strained relationships, job loss, legal issues, and financial problems. The societal burden includes healthcare costs, lost productivity, and the impact on families and communities. Chronic alcohol use can worsen anxiety symptoms, and the withdrawal process can trigger acute anxiety, creating a vicious cycle.

## **CONCLUSION**

The interplay between alcohol dependence and generalized anxiety disorder (GAD) presents a significant challenge, particularly among young adults. Both conditions are deeply intertwined, with alcohol often used as a maladaptive coping mechanism for managing anxiety, leading to a vicious cycle of dependence and worsening mental health. The co-occurrence of these disorders complicates diagnosis and treatment, requiring an integrated approach that addresses both conditions simultaneously.

The societal implications of alcohol dependence and anxiety, including health consequences, economic costs, and the impact on relationships, underscore the importance of continued research and public health efforts. By fostering a better understanding of the mechanisms

## Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults

linking these conditions, promoting awareness, and improving access to effective treatment, we can mitigate the burden of alcohol dependence and generalized anxiety disorder on individuals and society as a whole.

Studies showed that males tend to develop more alcohol dependence rather than women, as social pressure is one of the major factors affecting the lifestyle and choices young adults make in their college life. Life stressors, such as financial difficulties, relationship problems, and job-related stress, can lead individuals to use alcohol as a coping mechanism

Treatments such as CBT Cognitive Behavioral Therapy and MI (motivational interviewing) are commonly used to help them understand and change their behaviour towards the alcohol dependence. Setting goals for reducing or stopping alcohol use. Policies such as increasing taxes on alcohol, and limiting availability (through age restrictions and licensing hours). Education about the risks of excessive drinking and the development of alcohol dependence can help to change social norms and reduce the incidence of the disorder.

### Limitations

- 1. Population focus:** this paper mainly focuses on young adults, which limits the generalizability of the findings to other age groups.
- 2. Database Limitations:** The review may be limited by the selection of databases and search engines used.
- 3. Cultural Factors:** The role of cultural factors in shaping the relationship between alcohol dependence and anxiety may not have been fully captured, particularly in non-Western contexts where drinking behaviours and perceptions of mental health differ.
- 4. Access to Full Texts:** Some studies may have been excluded due to lack of access to full-text articles, potentially omitting important findings that could influence the overall conclusions.

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**Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults**

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## Under the Influence: Bidirectional Relationship Between Alcohol Dependence and Generalized Anxiety Disorder among Young Adults

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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