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THE COMORBIDITY OF DEPRESSION AND SUBSTANCE ABUSE DISORDERS IN ROMANIAN PATIENTS

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Depression appears to be independent from, but frequently co-occurs with, substance abuse disorders, including alcohol and drug abuse. Depression and substance use disorders are highly prevalent in the general population and often co-occur within the same individual. Many people with depression turn to alcohol or drugs, eventually developing a dependence or addiction. Conversely, people who are addicted to alcohol or drugs have a high rate of depression. Alcohol and some drugs are depressants, and depressed mood can be a direct outcome of substance abuse. Use of alcohol by people suffering from depression can increase the severity of their depressive symptoms. Fortunately, it is also treatable and the key to treatment is to recognize the symptoms and to get help. Research shows that one in three depressed people also suffer from some form of substance abuse or dependence.