

ABSTRACT

BACKGROUND: It is important to know the prevalence of psychiatric disorder among methadone maintenance treatment patients and also clinically important to be aware of the severity of psychopathology. It plays a crucial role in the methadone dosage, length of time in treatment and relapse rate. Depression and anxiety are widely prevalent among former opiate addicts in methadone maintenance treatment and it has been described to be factors which worsen the prognosis.

AIM: To study the prevalence of symptoms of anxiety and depression among methadone maintenance treatment clients.

METHODOLOGY: The research design is descriptive. A total of 60 Methadone Maintenance Treatment (MMT) clients were selected randomly, attending MMT clinic at Department of Psychiatry, Tribhuvan University Teaching Hospital. The patients were seen by the consultant neuropsychiatrist separately and evaluated separately for the diagnosis of opioid dependent syndrome before enrolling into MMTP. A semi-structured proforma was used to record socio-demographic variables and along with Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI).. Finally the information obtained from the demographic profile and rating scales were analyzed with the help of computer programme SPSS.

RESULTS AND CONCLUSION: The finding showed predominance of methadone maintenance client with the age group 30-39(50%),96.7% of cases were male, 46.7% were unmarried and 18% were separated, 75%of the cases were Hindu, 56.7% belonged to Newar caste, 38.3% of the cases were with secondary level education, 65% were unemployed, and 81.7% were from middle socioeconomic status. 63.3% of the cases had symptoms of depression with varying severity, and correlates of presence of depression among MMT client in the present study showed higher prevalence among age group 40-49(90%), female (100%),82% were unmarried, 100% of the cases were Buddhist 80% from Mongolian caste, 73% had secondary

level education, 65% were unemployed and majority of cases were from lower socio-economic status(71%). Likewise, 41.7% of the patients had symptoms of anxiety with varying severity. Correlates of presence of anxiety symptom among MMT client in the present study showed higher prevalence among age group 20-29(88%), 66% were separated and 64% were unmarried,50% were Buddhist, majority of the case were chhetri (70%),75% had primary level education, 67% were Unemployed ,and 65% from middle class socio-economic status.