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**“A CORRELATIONAL STUDY TO ASSESS THE PSYCHOLOGICAL IMPACT  
ON QUALITY OF LIFE AMONG ALCOHOLICS AT TERTIARY CARE  
TEACHING HOSPITAL KUPPAM**

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**ABSTRACT:**

**Back ground of the study** The purpose of this study is to assess the psychological impact on quality of life among alcoholics and to find out the correlation between depression, anxiety, stress and quality of life among alcoholics. **Aim:** of this study is to assess the psychological impact on quality of life among alcoholics at tertiary care teaching hospital Kuppam. **Methods: Research Approach:** A descriptive correlational research design employs a quantitative approach to examine relationships between variables without

manipulating them. **Study setting:** Tertiary care Teaching Hospital Kuppam, **Sampling Technique:** Non-probability purposive sampling. **Sample Size:** 129 alcoholics. **Independent Variables:** It refers to psychological impact (depression, anxiety, stress) among alcoholics by using of scales. **Dependent variables:** It refers to the alcoholics. **Tools:** It consists of 2 parts, they are; 1. Demographic variables, 2. Depression, anxiety, scale (DASS) containing 21 questionnaires, 7 for depression, 7 for anxiety, 7 for stress was administered; the collected data were analysed and interpreted, WHOQOL-BREF scale was used to assess the quality of life among alcoholics. **Method of data collection:** Data collection was conducted through interviews. **Conclusion:** The main objective of the study is to correlate and assess the psychological impact on quality of life among alcoholics, by using DASS 21 standardized scale and WHOQOL- BERF scale at tertiary care teaching hospital Kuppam. The statistical examination demonstrated a moderate inverse relationship between depression and quality of life in alcoholics, as well as a similar moderate inverse correlation between anxiety and quality of life, both significant at a level of 0.000. Additionally, a robust moderate correlation was observed between stress and quality of life among alcoholics, significant at a level of 0.00.

**KEY WORDS:** Assess , Psychological Impact , Quality Of Life, Alcoholics

### **Introduction:**

Alcoholic beverages contain ethanol, an alcohol derived from the fermentation of grains, fruits, or other sugary sources. The consumption of alcohol holds significant cultural significance in numerous societies, with many countries enacting laws to govern its production, sale, and consumption.<sup>1</sup>

According to the National Council on Alcohol and Drug Dependency and the American Society of Addiction Medicine, alcoholism is identified as a primary, enduring condition marked by diminished regulation over alcohol consumption, obsession with

alcohol, continued use despite negative outcomes, and cognitive distortions that may impact both physical and mental well-being.<sup>1</sup>

Harmful alcohol consumption presents a global challenge, leading to numerous fatalities, illnesses, injuries, and incidents of violence. The considerable interpersonal, psychological, and health-related issues resulting from alcohol abuse affect various aspects of quality of life (QoL). Quality of life is a concept that goes beyond mere absence of illness, encompassing social, mental, and physical well-being, aligning with the World Health Organization's definition of health<sup>2</sup>.

The habit of alcohol consumption in a man not only impacts the individual himself but also has physical and psychological repercussions on the entire family. This includes issues such as depression, anxiety, stress, and a decline in overall quality of life. Therefore, the researcher aimed to evaluate the psychological effects on the quality of life among alcoholics receiving treatment in psychiatric outpatient departments and those admitted to psychiatric wards. Based on the results the psychological impact (depression, anxiety, stress) on quality-of-life relieving measures can be developed and implemented among the alcohol

### **Objectives of the study**

1. Evaluate the extent of psychological influence on individuals with alcohol dependency.
2. Evaluate the standard of living among individuals struggling with alcohol dependency.
3. Determine the relationship between the psychological influence and quality of life among those with alcohol dependency.
4. Investigate the connection between psychological influence, quality of life, and various demographic factors among individuals grappling with alcohol dependency.

### **Hypotheses:**

**RH<sup>1</sup>:** There will be a significant correlation between the levels of depression and quality of life among alcoholics.

**RH:** A notable correlation is expected to exist between the anxiety levels and quality of life among individuals with alcohol dependency.

**RH3:** There will be a significant correlation between the levels of stress and quality of life among alcoholics.

**RH4:** A significant relationship is anticipated between the psychological effects and quality of life among alcoholics, considering their specific demographic characteristics.

## **Material and Methods**

### **RESEARCH APPROACH:**

Quantitative approach was used to assess the psychological impact on quality of life among alcoholics at tertiary care teaching hospital, Kuppam.

### **RESEARCH DESIGN:**

The descriptive correlational research design selected for this study was descriptive correlational research design was used to assess the level of psychological impact on quality of life among alcoholics.

### **SETTING OF THE STUDY:**

The present study was conducted among alcoholics at psychiatric OPD and psychiatric ward in PES hospital. Which is 1100 bedded multi-specialty hospital at Kuppam, Chittoor district, Andhra Pradesh it is adjacent to the PES College of nursing with walk able distance of 100 meters. On an average OPD censes per day is about 10-15 cases of alcoholics.the bed occupancy is about 60.

## POPULATION

The population for the study includes all the patients who is fulfilling the inclusion criteria, who are attending the Psychiatric OPD and admitted psychiatric ward in PES Hospital, Kuppam.

## SAMPLE

The sample of the present study includes all the alcoholics who was attending the psychiatry OPD and admitted in psychiatry ward and fulfilling the inclusion criteria in PES tertiary care teaching hospital, Kuppam.

## SAMPLING TECHNIQUE:

The study employed a purposive sampling technique, which is a non-probabilistic method, to select the participants.

## SAMPLE SIZE:

The sample size was determined using power analysis. The sample size = 129, adding 10% samples the total sample size was 129.

### Formula

$$n = \frac{Z_{1-\alpha/2}^2 * p(1-p)}{d^2}$$

### Calculation

$$n = \frac{1.96^2 * 0.733(1-0.733)}{0.08^2} = 117$$

## SAMPLE SELECTION CRITERIA

### Inclusion Criteria:

1. Alcoholics who are attending the psychiatry OPD and at PES tertiary teaching hospital, Kuppam.
2. Individuals with alcohol dependency willing to engage in the study.
3. Individuals with alcohol dependency accessible during the study period.
4. Alcoholics who are in the age group of 18 to 60 years.

### Exclusion Criteria:

1. Alcoholics who are not able to understand Telugu or English.
2. Alcoholics with other psychiatric illness.

### Ethical Clearance:

Ethical clearance for the present study was be obtained from ethical committee of (PESIMSR) PES institute of medical sciences and research Centre through the principal PES College of nursing, to conduct the study.

## **Results**

The data organized and presented under the following:

**Section-I:** Frequencies and percentage distribution of demographical variables among alcoholics.

**Section-II:** Frequency and percentage distribution on level of depression among alcoholics.

**Section-III:** Frequency and percentage distribution on level of anxiety among alcoholics.

**Section-IV:** Frequency and percentage distribution on level of stress among alcoholics.

**Section-V:** Frequency and percentage distribution on level of quality of life among alcoholics.

**Section-VI:** Correlation between depression and quality of life among alcoholics.

**Section-VII:** Correlation between anxiety and quality of life among alcoholics.

**section-VIII:** Correlation between stress and quality of life among alcoholics.

**Section-IX:** Association between levels of depression with their selected demographic variable of alcoholics.

**Section-X:** Association between levels of anxiety with their selected demographic variable of alcoholics.

**Section–XI:** Association between levels of stress with their selected demographic variable of alcoholics.

**Section – XII:** Association between levels of quality of life with their selected demographic variable of alcoholics.

**SECTION – I**

**Table-1.Frequencies and percentage distribution of demographic variables among alcoholics:**

(N=129)

| <b>Demographic variables of the patients</b> | <b>Frequency<br/>(f)</b> | <b>Percentage<br/>(%)</b> |
|--|--------------------------|---------------------------|
| <b>1. Age (in years)</b>                     |                          |                           |
| a) 20 to 29                                  | 40                       | 31.00                     |
| b) 30 to 39                                  | 51                       | 39.50                     |
| c) 40 to 49                                  | 13                       | 10.10                     |
| d) > 55                                      | 25                       | 19.40                     |
| <b>2. Residence</b>                          |                          |                           |
| a) Rural                                     | 92                       | 71.30                     |
| b) Urban                                     | 37                       | 28.70                     |
| <b>3. Educational status</b>                 |                          |                           |
| a) No formal education                       | 27                       | 20.90                     |
| b) Primary education                         | 37                       | 28.60                     |
| c) Secondary education                       | 41                       | 31.80                     |
| d) Graduate                                  | 18                       | 14.00                     |
| e) Post graduate                             | 6                        | 4.70                      |
| <b>4. Occupation status</b>                  |                          |                           |
| a) Employed private                          | 32                       | 24.80                     |
| b) Employed government                       | 16                       | 12.40                     |
| c) Daily wage worker                         | 29                       | 22.50                     |
| d) Farmer                                    | 52                       | 40.30                     |
| <b>5. Family income in (rupees)</b>          |                          |                           |
| a) < 10000 per month                         | 70                       | 54.30                     |
| b) 100001-20000 per month                    | 25                       | 19.40                     |
| c) 20001-30000 per month                     | 17                       | 13.20                     |
| d) 30001-40000 per month                     | 17                       | 13.10                     |
| <b>6. Religion</b>                           |                          |                           |
|  |                          |                           |

|  |    |       |
|--|----|-------|
| a) Hindu                                     | 97 | 75.20 |
| b) Muslim                                    | 23 | 17.80 |
| c) Christian                                 | 9  | 7.00  |
| d) Others                                    | 0  | 0.00  |
| <b>7. Duration of consumption of alcohol</b> |    |       |
| a) 5 months – 10 years                       | 75 | 58.10 |
| b) 10-20 Years                               | 39 | 30.20 |
| c) 20-30 Years                               | 9  | 7.00  |
| d) 30- 40 years                              | 6  | 4.70  |
| <b>8. Types of family</b>                    |    |       |
| a) Nuclear family                            | 92 | 71.30 |
| b) Joint family                              | 33 | 25.60 |
| c) Broken family                             | 4  | 3.10  |
| <b>9. Marrital status</b>                    |    |       |
| a) Married                                   | 28 | 21.70 |
| b) Divorced                                  | 93 | 72.10 |
| c) > separated                               | 8  | 6.20  |
| d) widow                                     | 0  | 0.00  |
| <b>10. Number of children</b>                |    |       |
| a) 1   | 40 | 31.00 |
| b) 2   | 42 | 32.60 |
| c) 3 and above                               | 16 | 12.40 |
| d) No children                               | 31 | 24.00 |
| <b>11. Duration of marital life</b>          |    |       |
| a) 0-5 years                                 | 47 | 36.40 |
| b) 5-10 years                                | 46 | 35.70 |
| c) 11-20 years                               | 25 | 19.40 |
| d) 20-30 years                               | 11 | 8.50  |
| <b>12. Family history of drinking</b>        |    |       |
| a) Present                                   | 82 | 63.60 |
| b) Absent                                    | 47 | 36.40 |



## SECTION -II

**Table-2. Frequency and percentage distribution on levels of depression among alcoholics.**

(N=129)

| <b>S.No</b> | <b>depression among alcoholics</b> | <b>Frequency</b> | <b>Percentage</b> |
|-------------|------------------------------------|------------------|-------------------|
| 1           | Normal depression                  | 10               | 7.70              |
| 2           | Mild depression                    | 19               | 14.70             |
| 3           | Moderate depression                | 37               | 28.70             |
| 4           | Severe depression                  | 34               | 26.40             |
| 5           | Extremely severe depression        | 29               | 22.50             |
| 6           | Total                              | 129              | 100               |

## SECTION -III

**Table -3Frequency and percentage distribution on levels of anxiety among alcoholics.**

(N=129)

| <b>Sl.no</b> | <b>f anxiety among alcoholics</b> | <b>Frequency</b> | <b>Percentage</b> |
|--------------|-----------------------------------|------------------|-------------------|
| 1            | Normal anxiety                    | 6                | 4.70              |
| 2            | Mild anxiety                      | 33               | 25.60             |
| 3            | Moderate anxiety                  | 27               | 20.80             |
| 4            | Severe anxiety                    | 30               | 23.30             |
| 5            | Extremely severe anxiety          | 33               | 25.60             |
| 6            | Total                             | 129              | 100               |

#### SECTION -IV

**Table -4 Frequency and percentage distribution on levels of stress among alcoholics.**

| <b>Sl.no</b> | <b>of stress among alcoholics</b> | <b>Frequency</b> | <b>Percentage</b> |
|--------------|-----------------------------------|------------------|-------------------|
| 1            | Normal stress                     | 18               | 14.00             |
| 2            | Mild stress                       | 26               | 20.20             |
| 3            | Moderate stress                   | 43               | 33.30             |
| 4            | Severe stress                     | 22               | 17.10             |
| 5            | Extremely severe stress           | 20               | 15.40             |
| 6            | Total                             | 129              |                   |
|              |                                   |                  |                   |

## SECTION -V

**Table -5 Frequency and percentage distribution on levels of quality of life among alcoholics.**

| S.No | Levels of quality of life among alcoholics | Frequency | Percentage |
|------|--|-----------|------------|
| 1    | Poor quality of life                       | 20        | 15.50      |
| 2    | Average quality of life                    | 46        | 35.70      |
| 3    | Good quality of life                       | 35        | 27.10      |
| 4    | Very good quality of life                  | 28        | 21.70      |
| 6    | Total                                      | 129       | 100        |

## SECTION-VI

### TO FIND OUT CORRELATION BETWEEN DEPRESSION, ANXIETY, STRESS AND QUALITY OF LIFE AMONG ALCOHOLICS

**Table-6: Correlation between depression and quality of life among alcoholics**

(N= 129)

| Variables       | Mean  | SD    | r- value | p value |
|-----------------|-------|-------|----------|---------|
| Depression      | 20.99 | 7.85  | -0.582** | 0.000   |
| Quality of life | 61.70 | 18.03 |          |         |

**The above table -6:** Shows that correlation between depression and quality of life among alcoholics revealed that the mean score of depression were 20.99 with a SD 7.85 and mean score of quality of life were 61.70 with a SD 18.03 and r-value -0.582\*\* showed there was a moderate negative correlation between depression and quality of life among the alcoholics at the level of 0.000.

## SECTION-VII

**Table-7: Correlation between anxiety and quality of life among alcoholics:**

(N=129)

| Variables       | Mean  | SD    | r value  | p value |
|-----------------|-------|-------|----------|---------|
| Anxiety         | 15.61 | 7.35  | -0.686** | 0.000   |
| Quality of life | 61.70 | 18.03 |          |         |

**The above table-7:** Shows that correlation between anxiety and quality of life among alcoholics revealed that the mean score of anxiety were 15.61 with a SD 7.35 and mean score of quality of life were 61.70 with a SD 18.03 and r-value -0.686\*\* showed there was a moderate negative correlation between anxiety and quality of life among the alcoholics at the level of 0.000.

## SECTION-VIII

**Table-8: Correlation between stress and quality of life among alcoholics:**

(N=129)

| Variables       | Mean  | SD    | r value  | p value |
|-----------------|-------|-------|----------|---------|
| Stress          | 22.90 | 7.59  | -0.852** | 0.000   |
| Quality of Life | 61.70 | 18.03 |          |         |

**The above table- 8 :** Shows that correlation between stress and quality of life among alcoholics revealed that the mean score of stress were 22.90 with a SD 7.59 and mean score of quality of life were 61.70 with a SD 18.03 and r-value -0.852\*\* showed there was a strong negative correlation between stress and quality of life among the alcoholics at the level of 0.000





|                                       |   |      |    |       |    |       |    |       |    |       |         |       |                 |
|---------------------------------------|---|------|----|-------|----|-------|----|-------|----|-------|---------|-------|-----------------|
| d) 20-30 years                        | 5 | 3.90 | 2  | 1.60  | 1  | 0.80  | 2  | 1.60  | 1  | 0.80  |         |       |                 |
| <b>12. Family history of drinking</b> |   |      |    |       |    |       |    |       |    |       |         |       |                 |
| a) Present                            | 3 | 2.30 | 13 | 10.10 | 21 | 16.30 | 21 | 16.30 | 24 | 18.60 | 10.459* | 0.033 | Not Significant |
| b) Absent                             | 7 | 5.40 | 6  | 4.70  | 16 | 12.40 | 13 | 10.10 | 5  | 3.90  |         |       |                 |

**The above table-9:** The above analysis that there was a significant association between level of depression among alcoholics with there selected demographic variables there is a significant at age in years of alcoholics at the level of ( $p < 0.00$ ), occupational status of the alcoholics at the level of ( $p < 0.001$ ) family income in rupees at the level of ( $p < 0.005$ ), duration of consumption of alcohol ( $p < 0.004$ ) duration of marital life at the level of ( $p < 0.001$ ) were found to be significant and other variables were not found to be significant.

## SECTION - X

**TABLE- 10 Association between levels of anxiety with the demographic variables of alcoholics.**

| Demographic variables of alcoholics | Levels of anxiety |      |               |       |                   |       |                  |       |                           |       | Chisq u are | p va l u e | Results         |
|-------------------------------------|-------------------|------|---------------|-------|-------------------|-------|------------------|-------|---------------------------|-------|-------------|------------|-----------------|
|                                     | Norm al Anxiet y  |      | Mild anxiet y |       | Moderat e anxiety |       | Sever e anxiet y |       | Extreme ly severe Anxiety |       |             |            |                 |
| <b>13. Age in years</b>             | F                 | %    | f             | %     | F                 | %     | f                | %     | F                         | %     |             |            |                 |
| e) 20-29 years                      | 4                 | 3.10 | 14            | 10.90 | 6                 | 4.70  | 12               | 9.30  | 4                         | 3.10  | 41.970**    | 0.000      | Significant     |
| f) 30-39 years                      | 2                 | 1.60 | 17            | 13.20 | 13                | 10.10 | 11               | 8.50  | 8                         | 6.20  |             |            |                 |
| g) 40-49 years                      | 0                 | 0.00 | 1             | 0.80  | 3                 | 3.90  | 3                | 2.30  | 4                         | 3.10  |             |            |                 |
| h) > 50 years                       | 0                 | 0.00 | 1             | 0.80  | 3                 | 2.30  | 4                | 3.10  | 17                        | 13.20 |             |            |                 |
| <b>14. Residence</b>                |                   |      |               |       |                   |       |                  |       |                           |       |             |            |                 |
| c) Rural                            | 4                 | 3.10 | 22            | 17.10 | 18                | 14.00 | 27               | 20.90 | 21                        | 16.30 | 6.769       | 0.149      | Not significant |
| d) Urban                            | 2                 | 1.60 | 11            | 8.50  | 9                 | 7.00  | 3                | 2.30  | 12                        | 9.30  |             |            |                 |
| <b>15. Educational status</b>       |                   |      |               |       |                   |       |                  |       |                           |       |             |            |                 |
| a) No formal education              | 0                 | 0.00 | 2             | 1.60  | 5                 | 3.90  | 6                | 4.70  | 14                        | 10.90 |             |            |                 |
| f) Primary education                | 1                 | 0.80 | 8             | 6.20  | 7                 | 5.40  | 13               | 10.10 | 8                         | 6.20  |             |            |                 |

|   |   |      |    |       |    |       |    |       |    |       |          |       |                 |
|---|---|------|----|-------|----|-------|----|-------|----|-------|----------|-------|-----------------|
| g) Secondary education                        | 1 | 0.80 | 16 | 12.40 | 8  | 6.20  | 8  | 6.20  | 8  | 6.20  | 37.621** | 0.002 | Significant     |
| h) Graduate                                   | 4 | 3.10 | 5  | 3.90  | 4  | 3.10  | 3  | 2.30  | 2  | 1.60  |          |       |                 |
| i) Post Graduate                              | 0 | 0.00 | 2  | 1.60  | 3  | 2.30  | 0  | 0.00  | 1  | 0.80  |          |       |                 |
| <b>16. Occupational status</b>                |   |      |    |       |    |       |    |       |    |       |          |       |                 |
| a) Employed private                           | 0 | 0.00 | 6  | 4.70  | 7  | 5.40  | 9  | 7.00  | 10 | 7.80  | 22.862** | 0.029 | Not Significant |
| e) Employed government                        | 4 | 3.10 | 4  | 3.10  | 4  | 3.10  | 2  | 1.60  | 2  | 1.60  |          |       |                 |
| f) Daily wage worker                          | 1 | 0.80 | 11 | 8.50  | 4  | 3.10  | 6  | 4.70  | 7  | 5.40  |          |       |                 |
| g) Farmer                                     | 1 | 0.80 | 12 | 9.30  | 12 | 9.30  | 13 | 10.10 | 14 | 10.90 |          |       |                 |
| <b>17. Family Income (in rupees)</b>          |   |      |    |       |    |       |    |       |    |       |          |       |                 |
| e) < 10000 per month                          | 0 | 0.00 | 19 | 14.70 | 19 | 14.70 | 18 | 4.00  | 14 | 10.90 | 26.057*  | 0.011 | Not Significant |
| f) 10001-20000                                | 1 | 0.80 | 7  | 5.40  | 2  | 1.60  | 6  | 4.70  | 9  | 7.00  |          |       |                 |
| g) 20001-30000                                | 1 | 0.80 | 3  | 2.30  | 2  | 1.60  | 4  | 3.10  | 7  | 5.40  |          |       |                 |
| h) 30001-40000                                | 4 | 3.10 | 4  | 3.10  | 4  | 3.10  | 2  | 1.60  | 3  | 2.30  |          |       |                 |
| <b>18. Religion</b>                           |   |      |    |       |    |       |    |       |    |       |          |       |                 |
| d) Hindu                                      | 5 | 3.90 | 24 | 18.60 | 20 | 15.50 | 22 | 17.10 | 26 | 20.20 | 2.925    | 0.939 | Not significant |
| e) Muslim                                     | 1 | 0.80 | 5  | 3.90  | 6  | 4.70  | 6  | 4.70  | 5  | 3.90  |          |       |                 |
| f) Christian                                  | 0 | 0.00 | 4  | 3.10  | 1  | 0.80  | 2  | 1.60  | 2  | 1.60  |          |       |                 |
| <b>19. Duration of consumption of alcohol</b> |   |      |    |       |    |       |    |       |    |       |          |       |                 |
| e) 5 months -10 years                         | 1 | 0.80 | 23 | 17.80 | 14 | 10.90 | 21 | 16.30 | 16 | 12.40 | 13.942** | 0.304 | Not Significant |
| f) 10 years - 20 years                        | 4 | 3.10 | 8  | 6.20  | 8  | 6.20  | 7  | 5.40  | 12 | 9.30  |          |       |                 |
| g) 20 years - 30 years                        | 0 | 0.00 | 1  | 0.80  | 3  | 2.30  | 2  | 1.60  | 3  | 2.30  |          |       |                 |
| h) 30 years - 40 years                        | 1 | 0.80 | 1  | 0.80  | 2  | 1.60  | 0  | 0.00  | 2  | 1.60  |          |       |                 |
| <b>20. Type of family</b>                     |   |      |    |       |    |       |    |       |    |       |          |       |                 |
| d) Nuclear family                             | 4 | 3.10 | 24 | 18.60 | 18 | 14.0  | 23 | 17.80 | 23 | 17.80 | 1.205    | 0.997 | Not significant |
| e) Joint family                               | 2 | 1.60 | 8  | 6.20  | 8  | 6.20  | 6  | 4.70  | 9  | 7.00  |          |       |                 |
| f) Broken family                              | 0 | 0.00 | 1  | 0.80  | 1  | 0.80  | 1  | 0.80  | 1  | 0.80  |          |       |                 |
| <b>21. Marital status</b>                     |   |      |    |       |    |       |    |       |    |       |          |       |                 |
| d) Married                                    | 2 | 1.60 | 5  | 3.90  | 4  | 3.10  | 10 | 7.80  | 7  | 5.40  | 9.481    | 0.303 | Not significant |
| e) Divorced                                   | 4 | 3.10 | 28 | 21.70 | 21 | 16.30 | 18 | 14.00 | 22 | 17.10 |          |       |                 |
| f) Separated                                  | 0 | 0.00 | 0  | 0.00  | 2  | 1.60  | 2  | 1.60  | 4  | 3.10  |          |       |                 |
| <b>22. Number of children</b>                 |   |      |    |       |    |       |    |       |    |       |          |       |                 |



|                                     |   |      |    |       |    |       |    |       |    |       |         |       |                 |
|-------------------------------------|---|------|----|-------|----|-------|----|-------|----|-------|---------|-------|-----------------|
| e) One                              | 1 | 0.80 | 11 | 8.50  | 8  | 6.20  | 15 | 11.60 | 5  | 3.90  | 16.807  | 0.157 | Not significant |
| f) Two                              | 2 | 1.60 | 13 | 10.10 | 11 | 8.50  | 5  | 3.90  | 11 | 8.50  |         |       |                 |
| g) > three                          | 1 | 0.80 | 4  | 3.10  | 3  | 2.30  | 1  | 0.80  | 7  | 5.40  |         |       |                 |
| h) No Children                      | 2 | 1.60 | 5  | 3.90  | 5  | 3.90  | 9  | 7.00  | 10 | 7.80  |         |       |                 |
| <b>23. Duration of marital life</b> |   |      |    |       |    |       |    |       |    |       |         |       |                 |
| e) 0-5 years                        | 1 | 0.80 | 8  | 6.20  | 13 | 10.10 | 12 | 9.30  | 13 | 10.10 | 15.281* | 0.226 | Not Significant |
| f) 5-10 years                       | 1 | 0.80 | 14 | 10.90 | 8  | 6.20  | 10 | 7.80  | 13 | 10.10 |         |       |                 |
| g) 11-20 years                      | 3 | 2.30 | 5  | 3.90  | 4  | 3.10  | 6  | 4.70  | 7  | 5.40  |         |       |                 |
| h) 20-30 years                      | 1 | 0.80 | 6  | 4.70  | 2  | 1.60  | 2  | 1.60  | 0  | 0.00  |         |       |                 |
| <b>24. Family history of</b>        |   |      |    |       |    |       |    |       |    |       |         |       |                 |
| c) Present                          | 3 | 2.30 | 15 | 11.60 | 15 | 11.60 | 23 | 17.80 | 26 | 20.20 | 11.424* | 0.022 | Not Significant |
| d) Absent                           | 3 | 2.30 | 18 | 14.00 | 12 | 9.30  | 7  | 5.40  | 7  | 5.40  |         |       |                 |

The above analysis revealed that there was a significant association between level of anxiety among alcoholics with there selected demographic variables revealed there is a significant seen at age in years of alcoholics at the level of ( $p < 0.000$ ), educational status of the alcoholics at the level of ( $p < 0.002$ ), occupational status of the alcoholics at the level of ( $p < 0.029$ ) family income in rupees at the level of ( $p < 0.011$ ), family history of drinking at the level of ( $p < 0.022$ ) were found to be significant and other variables were not found to be significant.hence it is accepted.

## SECTION - XI

**TABLE- 11: Association between levels of stress with the demographic variables of alcoholics.**

| Demographic variables of alcoholics | Levels of stress |       |              |       |                  |       |                |      |                           |       | Chisq u are | p v alue | Result s    |
|-------------------------------------|------------------|-------|--------------|-------|------------------|-------|----------------|------|---------------------------|-------|-------------|----------|-------------|
|                                     | Nor mal Stress   |       | Mil d Stress |       | Modera te Stress |       | Seve ar Stress |      | Extrem ely sever e Stress |       |             |          |             |
| 1. Age in years                     | F                | %     | f            | %     | F                | %     | F              | %    | f                         | %     |             |          |             |
| a) 20-29 years                      | 8                | 6.20  | 10           | 7.80  | 13               | 10.10 | 6              | 4.70 | 3                         | 2.30  | 36.101**    | 0.000    | significant |
| b) 30-39 years                      | 8                | 6.20  | 13           | 10.10 | 19               | 4.70  | 8              | 6.20 | 3                         | 2.30  |             |          |             |
| c) 40-49 years                      | 1                | 0.80  | 3            | 2.30  | 6                | 4.70  | 1              | 0.80 | 2                         | 1.60  |             |          |             |
| d) > 50 years                       | 1                | 0.80  | 0            | 0.00  | 5                | 3.90  | 7              | 5.40 | 12                        | 9.30  |             |          |             |
| <b>2. Residence</b>                 |                  |       |              |       |                  |       |                |      |                           |       |             |          |             |
| a) Rural                            | 14               | 10.90 | 16           | 12.40 | 34               | 26.40 | 12             | 9.30 | 16                        | 12.40 |             |          | Not         |

|  |    |       |    |       |    |       |    |       |      |       |          |       |                 |
|--|----|-------|----|-------|----|-------|----|-------|------|-------|----------|-------|-----------------|
| b) Urban                                     | 4  | 3.10  | 10 | 7.80  | 9  | 7.00  | 10 | 7.80  | 4    | 3.10  | 6.609    | 0.158 | significant     |
| <b>3. Educational status</b>                 |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) No formal education                       | 0  | 0.00  | 4  | 3.10  | 6  | 4.70  | 5  | 3.90  | 12   | 9.30  | 34.655*  | 0.004 | Significant     |
| b) Primary education                         | 6  | 4.70  | 5  | 3.90  | 16 | 12.40 | 5  | 3.90  | 5    | 3.90  |          |       |                 |
| c) Secondary education                       | 7  | 5.40  | 12 | 9.30  | 12 | 9.30  | 7  | 5.40  | 3    | 2.30  |          |       |                 |
| d) Graduate                                  | 5  | 3.90  | 4  | 3.10  | 6  | 4.70  | 3  | 2.30  | 0    | 0.00  |          |       |                 |
| e) Post Graduate                             | 0  | 0.00  | 1  | 0.80  | 3  | 2.30  | 2  | 1.60  | 0    | 0.00  |          |       |                 |
| <b>4. Occupational status</b>                |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) Employed private                          | 2  | 1.60  | 7  | 5.40  | 11 | 8.50  | 6  | 4.70  | 6    | 4.70  | 22.798** | 0.029 | Not Significant |
| b) Employed government                       | 7  | 5.40  | 2  | 1.60  | 5  | 3.90  | 2  | 1.60  | 0    | 0.00  |          |       |                 |
| c) Daily wage worker                         | 7  | 5.40  | 4  | 3.10  | 8  | 6.20  | 5  | 3.90  | 5    | 3.90  |          |       |                 |
| d) Farmer                                    | 2  | 1.60  | 13 | 10.10 | 19 | 14.70 | 9  | 7.00  | 9    | 7.00  |          |       |                 |
| <b>5. Family Income (in rupees)</b>          |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) < 10000 per month                         | 5  | 3.90  | 17 | 3.20  | 26 | 20.20 | 15 | 11.60 | 7    | 5.40  | 25.557** | 0.012 | Not Significant |
| b) 10001-20000                               | 4  | 3.10  | 5  | 3.90  | 8  | 6.20  | 2  | 1.60  | 6    | 4.70  |          |       |                 |
| c) 20001-30000                               | 2  | 1.60  | 1  | 0.80  | 6  | 4.70  | 2  | 1.60  | 6    | 4.70  |          |       |                 |
| d) 30001-40000                               | 7  | 5.40  | 3  | 2.30  | 3  | 2.30  | 3  | 2.30  | 1    | 0.80  |          |       |                 |
| <b>6. Religion</b>                           |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) Hindu                                     | 15 | 11.60 | 22 | 17.10 | 28 | 11.60 | 15 | 11.60 | 17   | 13.20 | 7.640    | 0.469 | Not significant |
| b) Muslim                                    | 3  | 2.30  | 3  | 2.30  | 11 | 8.50  | 4  | 3.10  | 2    | 1.60  |          |       |                 |
| c) Christian                                 | 0  | 0.00  | 1  | 0.80  | 4  | 3.10  | 3  | 2.30  | 1    | 0.80  |          |       |                 |
| <b>7. Duration of consumption of alcohol</b> |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) 5 months - 10 years                       | 10 | 7.80  | 17 | 13.20 | 26 | 20.20 | 13 | 10.10 | 9    | 7.00  | 7.954    | 0.789 | Not Significant |
| b) 10 years - 20 years                       | 5  | 3.90  | 8  | 6.20  | 13 | 10.10 | 7  | 5.40  | 6    | 4.70  |          |       |                 |
| c) 20 years - 30 years                       | 1  | 0.80  | 1  | 0.80  | 3  | 2.30  | 1  | 0.80  | 3    | 2.30  |          |       |                 |
| d) 30 years - 40 years                       | 2  | 1.60  | 0  | 0.00  | 1  | 0.80  | 1  | 0.80  | 2    | 1.60  |          |       |                 |
| <b>8. Type of family</b>                     |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) Nuclear family                            | 13 | 10.10 | 21 | 16.30 | 27 | 20.90 | 15 | 1.60  | 16   | 12.40 | 5.929    | 0.655 | Not significant |
| b) Joint family                              | 4  | 3.10  | 5  | 3.90  | 14 | 10.90 | 7  | 5.40  | 3    | 2.30  |          |       |                 |
| c) Broken family                             | 1  | 14.00 | 0  | 0.00  | 2  | 1.60  | 0  | 0.00  | 1    | 0.80  |          |       |                 |
| <b>9. Marital status</b>                     |    |       |    |       |    |       |    |       |      |       |          |       |                 |
| a) Married                                   | 3  | 2.30  | 7  | 5.40  | 9  | 7.00  | 4  | 3.10  | 5    | 3.90  | 4.576    | 0.802 | Not significant |
| b) Divorced                                  | 15 | 11.60 | 18 | 14.0  | 31 | 24.0  | 15 | 11.60 | 14   | 10.90 |          |       |                 |
| c) Separated                                 | 0  | 0.00  | 1  | 0.80  | 3  | 2.30  | 3  | 2.30  | 0.80 |       |          |       |                 |

|                                       |    |      |    |       |    |       |    |       |    |       |         |       |                 |  |
|---------------------------------------|----|------|----|-------|----|-------|----|-------|----|-------|---------|-------|-----------------|--|
| <b>10. Number of children</b>         |    |      |    |       |    |       |    |       |    |       |         |       |                 |  |
| a) One                                | 4  | 3.10 | 8  | 6.20  | 16 | 12.40 | 9  | 7.00  | 3  | 2.30  | 15.563  | 0.212 | Not significant |  |
| b) Two                                | 10 | 7.80 | 7  | 5.40  | 12 | 9.30  | 3  | 2.30  | 10 | 7.80  |         |       |                 |  |
| c) > three                            | 1  | 0.80 | 4  | 3.10  | 5  | 3.90  | 5  | 3.90  | 1  | 0.80  |         |       |                 |  |
| d) No Children                        | 3  | 2.30 | 7  | 5.40  | 10 | 7.80  | 5  | 3.90  | 6  | 4.70  |         |       |                 |  |
| <b>11. Duration of marital life</b>   |    |      |    |       |    |       |    |       |    |       |         |       |                 |  |
| a) 0-5 years                          | 3  | 2.30 | 10 | 7.80  | 17 | 13.20 | 7  | 5.40  | 10 | 7.80  | 22.462* | 0.033 | Not Significant |  |
| b) 5-10 years                         | 7  | 5.40 | 12 | 9.30  | 12 | 9.30  | 7  | 5.40  | 8  | 6.20  |         |       |                 |  |
| c) 11-20 years                        | 4  | 3.10 | 4  | 3.10  | 7  | 5.40  | 8  | 6.20  | 2  | 1.60  |         |       |                 |  |
| d) 20-30 years                        | 4  | 3.10 | 0  | 0.00  | 7  | 5.40  | 0  | 0.00  | 0  | 0.00  |         |       |                 |  |
| <b>12. Family history of drinking</b> |    |      |    |       |    |       |    |       |    |       |         |       |                 |  |
| a) Present                            | 9  | 7.00 | 16 | 12.40 | 24 | 18.60 | 15 | 11.60 | 18 | 14.00 | 8.829*  | 0.066 | Not Significant |  |
| b) Absent                             | 9  | 7.00 | 10 | 7.80  | 19 | 14.70 | 7  | 5.40  | 2  | 1.60  |         |       |                 |  |

**The above table-11:** The above analysis revealed that there was a significant association between **level of stress** among alcoholics with there selected demographic variables revealed there is a significant seen at age in years of alcoholics at the level of ( $p < 0.000$ ), educational status of the alcoholics at the level of ( $p < 0.002$ ), occupational status of the alcoholics at the level of ( $p < 0.029$ ) family income in rupees at the level of ( $p < 0.011$ ), family history of drinking at the level of ( $p < 0.022$ ) were found to be significant and other variables were not found to be significant.

## SECTION – XII

**TABLE- 12: Association between levels of quality of life with the demographic variables of alcoholics**

| Demographic variables of alcoholics | Levels of quality of life |       |      |       |          |       |        |       |                  |       | Chi-square | p value | Results     |
|-------------------------------------|---------------------------|-------|------|-------|----------|-------|--------|-------|------------------|-------|------------|---------|-------------|
|                                     | Normal                    |       | Mild |       | Moderate |       | Severe |       | Extremely severe |       |            |         |             |
| 1. Age in years                     | F                         | %     | F    | %     | F        | %     | F      | %     | F                | %     |            |         |             |
| a) 20-29 years                      | 3                         | 2.30  | 14   | 10.90 | 10       | 7.80  | 13     | 10.10 | 40               | 31.0  | 39.20      | 0.000   | Significant |
| b) 30-39 years                      | 3                         | 2.30  | 18   | 14.0  | 17       | 13.20 | 13     | 10.10 | 51               | 39.50 |            |         |             |
| c) 40-49 years                      | 2                         | 1.60  | 3    | 2.30  | 7        | 5.40  | 1      | 0.80  | 13               | 10.10 |            |         |             |
| d) > 50 years                       | 12                        | 9.30  | 11   | 8.50  | 1        | 0.80  | 1      | 0.80  | 25               | 19.40 |            |         |             |
| <b>2. Residence</b>                 |                           |       |      |       |          |       |        |       |                  |       |            |         |             |
| a) Rural                            | 16                        | 12.40 | 36   | 27.90 | 21       | 16.30 | 19     | 14.70 | 92               | 71.30 |            |         | Not         |

|  |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
|--|----|-------|----|-------|----|-------|----|-------|----|--------|------------------|-------|----------------------|
| b) Urban                                     | 4  | 3.10  | 10 | 7.80  | 14 | 10.90 | 9  | 7.00  | 37 | 28.70  | 4.177            | 0.243 | signifi-<br>cant     |
| <b>3. Educational status</b>                 |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) No formal education                       | 12 | 9.30  | 8  | 6.20  | 7  | 5.40  | 0  | 0.00  | 27 | 20.90  | 33.92<br>8<br>** | 0.001 | Signifi-<br>cant     |
| b) Primary education                         | 5  | 3.90  | 15 | 11.60 | 11 | 8.50  | 6  | 4.70  | 37 | 28.70  |                  |       |                      |
| c) Secondary education                       | 3  | 2.30  | 16 | 12.40 | 8  | 6.20  | 14 | 10.90 | 41 | 31.80  |                  |       |                      |
| d) Graduate                                  | 0  | 0.00  | 5  | 3.90  | 7  | 5.40  | 6  | 4.70  | 18 | 14.00  |                  |       |                      |
| e) Post Graduate                             | 0  | 0.00  | 2  | 1.60  | 2  | 1.60  | 2  | 1.60  | 6  | 4.70   |                  |       |                      |
| <b>4. Occupational status</b>                |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) Employed private                          | 6  | 4.70  | 13 | 10.10 | 10 | 7.80  | 3  | 2.30  | 32 | 24.80  | 25.18<br>5<br>** | 0.003 | Signifi-<br>cant     |
| b) Employed government                       | 0  | 0.00  | 2  | 1.60  | 4  | 3.10  | 10 | 7.80  | 16 | 12.40  |                  |       |                      |
| c) Daily wage worker                         | 5  | 3.90  | 9  | 7.00  | 6  | 4.70  | 9  | 7.00  | 29 | 22.50  |                  |       |                      |
| d) Farmer                                    | 9  | 7.00  | 22 | 17.10 | 15 | 11.60 | 6  | 4.70  | 52 | 40.30  |                  |       |                      |
| <b>5. Family Income (in rupees)</b>          |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) < 10000 per month                         | 7  | 5.40  | 33 | 25.60 | 20 | 15.50 | 10 | 7.80  | 70 | 54.30  | 25.55<br>2<br>** | 0.002 | Signifi-<br>cant     |
| b) 10001-20000                               | 6  | 4.70  | 6  | 4.70  | 8  | 6.20  | 5  | 3.90  | 25 | 19.40  |                  |       |                      |
| c) 20001-30000                               | 6  | 4.70  | 5  | 3.90  | 2  | 1.60  | 4  | 3.10  | 17 | 13.20  |                  |       |                      |
| d) 30001-40000                               | 1  | 0.80  | 2  | 1.60  | 5  | 3.90  | 9  | 7.00  | 17 | 13.20  |                  |       |                      |
| <b>6. Religion</b>                           |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) Hindu                                     | 17 | 13.20 | 32 | 24.80 | 26 | 20.20 | 22 | 17.10 | 97 | 75.20  | 2.255            | 0.895 | Not signifi-<br>cant |
| b) Muslim                                    | 2  | 1.60  | 10 | 7.80  | 7  | 5.40  | 4  | 3.10  | 23 | 17.80  |                  |       |                      |
| c) Christian                                 | 1  | 0.80  | 4  | 3.10  | 2  | 1.60  | 2  | 1.60  | 9  | 7.00   |                  |       |                      |
| <b>7. Duration of consumption of alcohol</b> |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) 5 months -10 years                        | 9  | 7.00  | 29 | 22.50 | 21 | 16.30 | 16 | 12.40 | 75 | 58.10  | 0.602            | 0.475 | Not Signifi-<br>cant |
| b) 10 years - 20 years                       | 6  | 4.70  | 11 | 8.50  | 13 | 10.10 | 9  | 7.00  | 39 | 30.320 |                  |       |                      |
| c) 20 years - 30 years                       | 3  | 2.30  | 4  | 3.10  | 1  | 0.80  | 1  | 0.80  | 9  | 7.00   |                  |       |                      |
| d) 30 years -40 years                        | 2  | 1.60  | 2  | 1.60  | 0  | 0.00  | 2  | 1.60  | 6  | 4.70   |                  |       |                      |
| <b>8. Type of family</b>                     |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) Nuclear family                            | 16 | 2.40  | 31 | 24.00 | 23 | 17.80 | 22 | 17.10 | 92 | 71.30  | 4.934            | 0.552 | Not signifi-<br>cant |
| b) Joint family                              | 3  | 2.30  | 13 | 10.10 | 12 | 9.30  | 5  | 3.90  | 33 | 25.60  |                  |       |                      |
| c) Broken family                             | 1  | 0.80  | 2  | 1.60  | 0  | 0.00  | 1  | 0.80  | 4  | 3.10   |                  |       |                      |
| <b>9. Marital status</b>                     |    |       |    |       |    |       |    |       |    |        |                  |       |                      |
| a) Married                                   | 5  | 3.90  | 12 | 9.30  | 4  | 3.10  | 7  | 5.40  | 28 | 21.70  | 5.561            | 0.474 | Not signifi-         |
| b) Divorced                                  | 14 | 10.90 | 30 | 23.30 | 4  | 3.10  | 7  | 5.40  | 28 | 21.70  |                  |       |                      |

|                                       |    |       |    |       |    |       |    |       |    |       |        |       |                 |
|---------------------------------------|----|-------|----|-------|----|-------|----|-------|----|-------|--------|-------|-----------------|
| c) Separated                          | 14 | 10.90 | 30 | 23.30 | 28 | 21.70 | 21 | 16.30 | 93 | 72.10 |        |       | cant            |
| <b>10. Number of children</b>         |    |       |    |       |    |       |    |       |    |       |        |       |                 |
| a) One                                | 3  | 2.30  | 18 | 14.0  | 10 | 7.80  | 9  | 7.00  | 40 | 31.0  | 13.775 | 0.131 | Not significant |
| b) Two                                | 10 | 7.80  | 12 | 9.30  | 9  | 7.00  | 11 | 8.50  | 42 | 32.60 |        |       |                 |
| c) > three                            | 1  | 0.80  | 4  | 3.10  | 9  | 7.00  | 2  | 1.60  | 16 | 12.40 |        |       |                 |
| d) No Children                        | 6  | 4.70  | 12 | 9.30  | 7  | 5.40  | 6  | 4.70  | 31 | 24.0  |        |       |                 |
| <b>11. Duration of marital life</b>   |    |       |    |       |    |       |    |       |    |       |        |       |                 |
| a) 0-5 years                          | 10 | 7.80  | 20 | 15.50 | 13 | 10.10 | 4  | 3.10  | 47 | 36.40 | 19.771 | 0.019 | Not Significant |
| b) 5-10 years                         | 8  | 6.20  | 13 | 10.10 | 14 | 10.90 | 11 | 8.50  | 46 | 35.70 |        |       |                 |
| c) 11-20 years                        | 2  | 1.60  | 10 | 7.80  | 7  | 5.40  | 6  | 4.70  | 25 | 19.40 |        |       |                 |
| d) 20-30 years                        | 0  | 0.00  | 3  | 2.30  | 1  | 0.80  | 7  | 5.40  | 11 | 8.50  |        |       |                 |
| <b>12. Family history of drinking</b> |    |       |    |       |    |       |    |       |    |       |        |       |                 |
| a) Present                            | 18 | 4.00  | 28 | 21.70 | 25 | 19.40 | 11 | 8.50  | 82 | 63.60 | 14.240 | 0.003 | Significant     |
| b) Absent                             | 2  | 1.60  | 18 | 14.00 | 10 | 7.80  | 17 | 13.20 | 47 | 36.40 |        |       |                 |

**The above table-12:** The above analysis revealed that there was a significant association between level of quality of life among alcoholics with there selected demographic variables revealed there is a significant seen at age in years at the level of ( $p < 0.000$ ), educational status of the alcoholics at the level of ( $p < 0.001$ ), occupational status of the alcoholics at the level of ( $p < 0.003$ ), family income in rupees at the level of ( $p < 0.002$ ) family history of drinking at the level of ( $p < 0.003$ ) were found to be significant, duration of marital life at the level of ( $p < 0.019$ ) were found to be significant and other variables were not found to be significant. Hence the research hypothesis **RH<sub>4</sub>** states that there was significant correlation between the depression and quality of life among alcoholics was accepted.

The above mentioned statistical analysis proved that there was a moderate negative correlation between depression and quality of life among alcoholics

#### **Conclusion:**

The main objective of the study is to correlate and assess the psychological impact on quality of life among alcoholics, by using DASS 21 standardised scale and whobloqol(BERF)scale at tertiary care teaching hospital Kuppam.

The statistical examination indicated a moderate negative correlation between depression and quality of life among alcoholics, as well as a similar moderate negative correlation between anxiety and quality of life, both significant at a level of 0.000. Additionally, a robust moderate correlation was observed between stress and quality of life among alcoholics, also significant at a level of 0.000.

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