

# **Severe Depression among Young Adult Men who use Drugs in the Club Scene**

Steven P. Kurtz and Mance E. Buttram



# SUPPORT

---

- This research was supported by grant number DA0196048 from the National Institute on Drug Abuse.
- The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institute on Drug Abuse or the National Institutes of Health.
- There are no conflicts to report.



## **Miami is an international center of nightclub culture**

“Every night is like New Year’s Eve on South Beach, and drugs and sex are all part of it.”

# THE SOUTH BEACH STUDY

---



**RCT of behavioral interventions to reduce substance use and HIV transmission risk among young adults.**

# THE SOUTH BEACH STUDY

---

## Eligibility criteria:

- 1) **Ages 18-39**
- 2) **Past 90 day behaviors**
  - **Heterosexual sex**
  - **Used club drugs and misused Rx drugs**
  - **Attends large EDM clubs**

**These analyses include baseline data from  
men only (N=275)**

# MEASURES

---

**Severe depression:** 6 or more of 9 DSM-IV items, including hopelessness, sadness and tiredness.

**Substance dependence:** 3 or more of 7 DSM-IV items, including withdrawal symptoms and tolerance.

**Childhood Victimization:** First physical, sexual and/or emotional abuse before age 18.

**Severe Traumatic Stress:** 5 or more of 12 DSM-IV distress symptoms related to memories of the past.

**Negative Coping Behaviors:** include drinking/drugs or sex to avoid thinking about problems, self criticism, etc.

**Low Social Support:** Score lower than 18 out of 36 on the Medical Outcomes Study social support scale

# DEMOGRAPHICS BY Severe Depression Status

	Men without SD		Men with SD	
	N (200)	% (72.7)	N (75)	% (27.3)
Age (mean)	25.7		26.1	
Race/ethnicity				
Hispanic	134	67.0	46	61.3
Black non-Hispanic	39	19.5	14	18.7
White non-Hispanic	24	12.0	10	13.3
Other	3	1.5	5	6.7
Education HS diploma or more	169	84.5	60	80.0
Income < \$1000 / month	56	28.0%	<b>35</b>	<b>46.7% **</b>
<b>*p&lt;.05</b>	<b>**p&lt;.01</b>	<b>***p&lt;.001</b>		

# SUBSTANCE USE RISK FACTORS

	Men without SD	Men with SD
	mean	mean
<b>Days substance use (past 90)</b>		
Alcohol	47.8	49.8
Marijuana	62.5	61.7
Cocaine	30.6	32.2
MDMA	29.9	29.2
Rx opioids	28.1	<b>39.1**</b>
Rx benzodiazepines	30.3	<b>40.1*</b>
<b>Substance dependence (N / %)</b>	123 (61.5%)	<b>72 (96%) ***</b>
<b>Age first alcohol use</b>	13.5	12.9



# PSYCHOSOCIAL RISK FACTORS

	Men without SD		Men with SD	
	N (200)	% (72.7)	N (75)	% (27.3)
Childhood Victimization	108	54.0%	57	76.0% ***
Severe Traumatic Stress	47	23.5%	51	68.0% ***
Low Social Support	27	13.5%	27	36.0% ***
Negative Coping (mean; range 1-5)	1.04		2.36***	
Unprotected Sex w/ casual partner	138	69.0%	63	84.0% **

# RESULTS: Bivariate and Multivariate LR models predicting SD

	OR	95% CI	AOR	95% CI
Income < \$1000/ month	<b>2.286 **</b>	1.31, 3.98	<b>2.219 *</b>	1.09, 4.51
Substance Dependence	<b>15.024 ***</b>	4.57, 49.36	<b>7.378 **</b>	2.11, 25.81
Childhood Victimization	<b>3.042 ***</b>	1.67, 5.53		
Severe Traumatic Stress	<b>6.918 ***</b>	3.85, 12.42	<b>2.489 *</b>	1.20, 5.17
Low Social Support	<b>3.681 ***</b>	1.97, 6.87	<b>2.534 *</b>	1.16, 5.54
Negative Coping Behaviors	<b>2.235 ***</b>	1.76, 2.84	<b>1.780 ***</b>	1.35, 2.35
Unprotected Sex w/casual ptrnr	<b>2.359 **</b>	1.19, 4.69		

# LIMITATIONS

---

- Data are self reported
- Eligibility criteria limit generalizability
- Diagnostics not clinician-administered

# DISCUSSION

- Lack of demographic predictors
- Higher RX misuse frequency: attempts to self medicate depression?

# CONCLUSIONS

---

- Severe mental health problems among young men are underreported in the literature
- These data point to early trauma leading to poor coping behaviors and drug dependence
- Longitudinal designs needed to clarify causality
- MH and substance treatment outreach and services are clearly needed
- Hidden population requiring targeted approach

Thank you

Steven P. Kurtz and Mance E. Buttram



[arsh.nova.edu](http://arsh.nova.edu)