

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

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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%	35	46.7% **
*p<.05	**p<.01	***p<.001		

SUBSTANCE USE RISK FACTORS

	Men without SD	Men with SD
	mean	mean
Days substance use (past 90)		
Alcohol	47.8	49.8
Marijuana	62.5	61.7
Cocaine	30.6	32.2
MDMA	29.9	29.2
Rx opioids	28.1	39.1**
Rx benzodiazepines	30.3	40.1*
Substance dependence (N / %)	123 (61.5%)	72 (96%) ***
Age first alcohol use	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	2.286 **	1.31, 3.98	2.219 *	1.09, 4.51
Substance Dependence	15.024 ***	4.57, 49.36	7.378 **	2.11, 25.81
Childhood Victimization	3.042 ***	1.67, 5.53		
Severe Traumatic Stress	6.918 ***	3.85, 12.42	2.489 *	1.20, 5.17
Low Social Support	3.681 ***	1.97, 6.87	2.534 *	1.16, 5.54
Negative Coping Behaviors	2.235 ***	1.76, 2.84	1.780 ***	1.35, 2.35
Unprotected Sex w/casual ptrnr	2.359 **	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

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