



The Interrelationship of The Covid-19 Pandemic with Alcohol Abuse

**Turaev Bobir
Temirpulatovich**

Samarkand State Medical University, Republic of Uzbekistan

**Kubaev Rustam
Murodullayevich**

Samarkand State Medical University, Republic of Uzbekistan

**Turgunboev Anvar
Uzokboyevich**

Samarkand State Medical University, Republic of Uzbekistan
bobir.turaev.89@mail.ru

ABSTRACT

The COVID-19 pandemic has caused the worst health problem in the world. In response, many countries have adopted disease control measures. These measures have an involuntary negative impact on the mental health and psyche of the population. Long-term social isolation is associated with alcohol consumption and misuse, leading to a potential health crisis. This study focuses on the role of external factors and changes in mental health in alcohol abuse during the COVID-19 pandemic.

Keywords:

alcoholism, COVID-19 pandemic, anxiety and depression.

Introduction. The COVID-19 pandemic imposed a number of restrictions on the population, including quarantine, social distance, and voluntary isolation. Staying home during the COVID-19 pandemic can have a major impact on mental health and psychoactive substance use behaviors among the entire population. Preliminary studies on the effects of the COVID-19 pandemic and alcohol restriction have shown that there were changes in consumption during the quarantine period, but this did not lead to an overall increase in consumption [8, 13, 15].

Natural or environmental disasters often lead to mental and behavioral disorders such as depression, anxiety, and consumption of psychoactive substances [5, 6, 9]. Changes in physiological stress and the ability to make poor decisions increase the risk of alcohol consumption due to stress [2, 3, 7].

The literature on psychoactive substance consumption emphasizes the importance of controlling alcohol consumption during

quarantine and notes two possible theories: increased consumption due to distress or decreased due to low substance intake [1, 4, 10].

Extensive quarantine-related conditions or mental health vulnerabilities can affect changes in alcohol consumption, especially as pandemic-related abnormal conditions can cause alcohol consumption to overcome difficulties. Indeed, a comorbidity between alcohol consumption and mood or anxiety is common [11, 12, 14]. In a pandemic, the entire population may be affected differently depending on living conditions and psychological conditions.

The COVID-19 pandemic is affected by a variety of stress factors (e.g., exposure to infection), psycho-social effects (e.g., depression, anxiety, drug use), and physical or psychological factors. Therefore, this study focused on identifying significant changes in alcohol consumption, especially frequency, amount, and consumption during quarantine.

Purpose Of the Study: To study the clinical psychopathological features of changes in alcohol abuse during the COVID-19 pandemic.

Materials And Methods: 90 participants who gave their consent were selected for the study. Participants ranged in age from 20 to 40 years, with a mean age of 32 ± 2 years. The patients taken as a study were divided into three groups. The main group is patients with alcoholism (registered at the Samarkand Regional Narcology Dispensary with a diagnosis of stage 2 alcoholism). Persons who regularly consume alcohol 1-2 times a week in the control group I (not registered in the Samarkand regional narcological dispensary). Individuals who consume alcohol only on birthdays or holidays in Control Group II. In addition to socio-demographic data (age, place of residence, education and marital status), as well as data on quarantine conditions, especially habitat, occupational status during quarantine (including four methods: student, homework, habitual) job and unemployed) and loss of financial income (yes/no). marital status (married, unmarried, childless, childless). Frequency and amount of alcohol consumption during quarantine The AUDIT-C questionnaire (Bradley et al. 1998) added an additional element to assess changes in alcohol consumption during quarantine in three ways: decline, stability, and growth. The context and reasons for alcohol consumption were assessed through a series of suggestions that led to responses (yes / no). Participants were asked to identify whether they consumed alcohol during quarantine alone, with a partner, online with friends, or with friends outdoors, because they had more time to spend time with friends due to stress or to relax, because of boredom, and so on.

Discussion And Acknowledgement: Frequency and amount of alcohol consumption during quarantine Based on the AUDIT-C survey, it was found that quarantine alcohol consumption increased by 42% in the main group, the frequency of alcohol consumption in

control group I changed by 15,4% and in control group II by 2,7%.

When the method of alcohol abuse during the COVID-19 pandemic was studied: 20% in the main group, 66.7% in control group I and 6.7% in control group II with friends online or with a neighbor. Alcohol consumption alone was 76.7% in the main group, 23.3% in the control group I, and 0% in the control group II. In groups according to the purpose of drinking: 43.3% in the main group for recreation, 63.3% in the control group I and 13.3% in the control group II.

Because they had more time than before, they had 80% in the main group, 56.7% in the control group I, and 13.3% in the control group II. Due to boredom, 86.7% in the main group, 40% in the control group I and 6.67% in the control group II. Concerns about the pandemic were found to be 80% in the main group, 53.3% in the control group I, and 10% in the control group II.

Features such as gender, occupational conditions, loss of income, and childbearing were compared between the three groups (decreased use, sustainable use, increased use). In fact, students' consumption of alcohol at home was drastically reduced. Those who increased their alcohol consumption were more likely to have children at home (20%, 60%, and 10%, respectively).

Conclusion: In summary, alcohol abuse has increased dramatically in patients with a history of alcoholism during the COVID-19 pandemic. Alcohol abuse was significantly increased in individuals who regularly consumed alcohol 1-2 times a week due to boredom unemployment anxiety and depression. There were almost no changes in COVID-19 pandemic alcohol abuse in individuals who consumed alcohol only on birthdays or holidays.

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