

Article: 0511

Topic: EPW13 - e-Poster Walk Session 13: Addictive Behaviours part 1

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## Socio-demographic Correlates of Substance Use Disorder in Patients Seeking De-addiction Services in Kashmir India-a Cross Sectional Study

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**Background:** Illicit drug use in India is quite serious and Kashmir is also one of the hardest hit places and the scenario is worsened by the prevailing turmoil. The present study was conducted to find the epidemiological profile of substance abusers visiting De-addiction Centres in Srinagar Kashmir India.

**Objective:** To study the socio-demographic profile of substance use disorder patients seeking treatment and to identify the reasons for starting the use of substance.

**Materials and methods:** The present cross sectional study, was conducted at two Drug De-addiction and treatment Centers in Srinagar. Total of 125 Substance Use Disorder Patients were interviewed by using pretested semi-structured proforma, emphasizing on socio-demographic profile and reasons for starting use of substance.

**Results:** Majority (50.4%) of patients belonged to young and productive age group. Most of the patients started taking substances in the age group of 10-19 years and more so in case of nicotine (76.8%), volatile substances (76.9%) and cannabis (70.5%). Besides nicotine (89.6%), the most common substances used were cannabis (48.8%), codeine (48%), propoxyphene (37.6%), alcohol (36.8%) and benzodiazepines (36%). Peer pressure was the most common (72.8%) reason for starting the use of substance.

**Conclusion:** Whether the society views substance misuse primarily as a moral or legal problem; when it creates difficulties for the user, it becomes concern of all people including parents, teachers, doctors, sociologists and psychologists. An integrated approach of early detection, treatment and rehabilitation is essential for preventing and minimizing the long term negative consequences of substance abuse.