

DEPRESSION INDUCED BY SUBSTANCE USE OR MEDICATION



MDAM
MOOD DISORDERS
ASSOCIATION OF MANITOBA
WESTMAN

Helping People Help Themselves

Compiled by 2023 Green Team

What is Depression Induced by Substance Use or Medication?

The use or abuse of substances including drugs, alcohol, medications, or exposure to pollutants can lead to or worsen depression. Whether the mood disorder is brought on by the substance or just happens to occur at the same time must be determined by a doctor.

(Substance Induced Mood Disorder, 2023)

Causes

- Alcohol and marijuana
- Hallucinogens, like LSD, psilocybin, and MDMA
- Stimulants like methamphetamine and cocaine
- Opioids, including prescription painkillers or heroin
- Caffeine and tobacco
- Medication side effects

(Huizen, 2022)

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Symptoms

Are the same as depression;

- Low mood
- Loss of interest in previously enjoyed activities
- Feelings of helplessness or hopelessness
- Irritability
- Low energy and fatigue
- Changes in sleep patterns
- Changes in appetite
- Difficulty concentrating
- Feelings of guilt or worthlessness
- Thoughts of death or suicide

(How Substance Abuse Can Lead to Mood Disorders, 2023)

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Substance Use and Mood Disorders

Substance-induced mood disorders can include:

- substance-induced depressive disorder
- substance-induced psychotic disorder
- substance-induced bipolar or related disorder
- substance-induced anxiety disorder
- substance-induced obsessive-compulsive or related disorder

(How Substance Abuse Can Lead to Mood Disorders, 2023)

Preventions and What Might Help

- Consult your doctor
- Discontinue substance use
- Other medications
- Counseling for substance misuse

(Huizen, 2022)

References

Huizen, J. (2022, March 14). Substance-induced mood disorder: Effects, treatment, and more.

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