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Here's a tough question that perhaps some psychology types may stay up late at night pondering. What comes first: depression or alcoholism? (Figure 1) Well, we finally may have some closure in this age-old debate, thanks to a recent study by the National Institute on Alcohol Abuse and Alcoholism (NIH).

Nearly one-third of people with major depression also have an alcohol problem, according to one major study conducted by the NIH. The report concluded that in many cases, depression precedes alcohol addiction.

Further research indicates that children, who are depressed, often resulting from a traumatic event such as divorce, abuse, or molestation, are more prone to develop alcohol problems once they reach adolescence. This phenomenon applies to teens as well. In an analysis from the Office of National Drug Control Policy Executive Office of the President: Teens that have had an episode of major depression are twice as likely as those who aren't depressed to start drinking alcohol.

The National Child Traumatic Stress Network conducted a survey of teens, which had experienced physical or sexual abuse/assault and found that they were three times more likely to report past or current substance abuse than those without a history of trauma (Figure 2). In surveys of adolescents receiving treatment for substance abuse, more than 70% of the patients had a history of trauma exposure.

According to the National Child Traumatic Stress Network report, depression usually happens before substance abuse. The study discovered that depression emanates from childhood. These incidents trigger depression, and when the child reaches adolescence or adulthood, he or she can easily find an escape from his or her feelings by using drugs or alcohol.

Now conversely, the study found that children who were not depressed during childhood are less likely to start abusing alcohol or drugs. But there is no hard and fast rule when it comes to teen drug and alcohol abuse.

It is important to note that depression leading to alcoholism does not only emanate from childhood, but occurs at adulthood as well. There are innumerable cases where people were sailing through life without any traces of alcohol abuse and then derailed after a traumatic event.

In a recent article by "the fix," which identifies its online publications as "the world's leading website about addiction and recovery," entitled: The Link between Alcohol and Depression,

the news piece states that even as adults, depression can lead to alcoholism or addiction.

The fix cited Paul Williams, an original member of the legendary Motown group The Temptations as a prime example of someone who started drugs after depression later in life.

Things began to spiral out of control for him when The Temptations started having creative and financial problems with the Motown label during the late 1960s. According to founding member, Otis Williams, the gravity of the situation mounted for Paul, who replaced his daily glass of milk with booze to self-medicate and drown out his sorrows.

In just a few short years, Williams went from being the alcohol and drug free member of the Temptations to one of the most addicted. When the alcohol impaired Williams' on-stage performance, he was swiftly kicked out of the band, and that's when his drinking problem accelerated, he ultimately committed suicide.

When an adult, like Williams, who never had a history of addiction, is confronted with a catastrophic, life altering event; it is clear to see how easily he or she can fall into the drugs and/or alcohol trap. The reasoning for this sudden turn to an addictive behavior is simple - depression compromises one's ability to deal with problems. Thus one's fall back plan is to confront issues through self medication by drinking excessive amounts of alcohol.

There are other instances where depression does not trigger alcoholism. One such example could be a celebrity who reaches the highest pinnacle in his or her career - alcohol free - before succumbing to alcohol abuse. All it takes for a casual drinker is one toxic friend to influence his or her behavior. There does not have to be depression - just exposure to alcohol by hanging out with the wrong crowd.

According to several studies, alcohol abuse can set off depression because of the neurotoxic effects of alcohol exposure to one's brain. WebMD reports that heavy alcohol consumption may lead to prolonged periods of depression.



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The term neurotoxic effect is a medical term that simply means - in layman terms - that alcohol affects the brain in the same way as depression. The parts of the brain that control anxiety, appetite and mood often affected in a depressed person are also influenced by alcohol.

There are several potential social and psychological explanations for the existing link between alcohol and depression. This includes stressful life experiences that can precipitate both depression and alcohol problems.

Another alternative as to what comes first – alcoholism or depression – does not even involve either an acquired addiction or mental health condition. There are many addiction and mental health experts that contend both alcoholism and affective disorder may stem from a common biological basis that may be inherited.



Genetic Disposition in Alcohol and Depression. Source: NIDA

may be depressed and use drugs and alcohol to escape their troubles. Other times, a person can become addicted and then lose control of everything and fall into a deep depression. And then there is some data to suggest there is a genetic component to alcoholism and/or depression.

Scott Brand is the director of digital marketing for Inspirations for Youth, one the nation's leading Teen Adolescent Addiction Treatment Centers as well as the Cove Center for Recovery, a premier adult drug and alcohol rehab. He spends part of his time performing clinical studies through the collaboration with the clientele and data mining.



Scott Brand during a television interview

DualDiagnosis.org

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National Institute on Alcohol Abuse and Alcoholism (NIH)

National Institute on Alcohol Abuse and Alcoholism in Maryland

Office of National Drug Control Policy Executive Office of the President

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The National Child Traumatic Stress Network, National Institute of Drug Addiction (NIDA)

WebMD