Dual Diagnosis

A person with dual diagnosis has both a mental disorder and an alcohol or drug problem. These conditions occur together frequently. In particular, alcohol and drug problems tend to occur with:

- Depression
- Anxiety disorders
- Schizophrenia
- Personality disorders

Sometimes the mental problem occurs first. This can lead people to use alcohol or drugs that make them feel better temporarily. Sometimes the substance abuse occurs first. Over time, that can lead to emotional and mental problems.

Someone with a dual diagnosis must treat both conditions. For the treatment to be effective, the person needs to stop using alcohol or drugs. Treatments may include behavioral therapy, medicines, and support groups.

NIH: National Institute on Drug Abuse

Start Here
- Comorbidity: Addiction and Other Mental Disorders
  Also available in Spanish [http://www.drugabuse.gov/es/publicaciones/drugfacts/la-comorbilidad-entre-la-adiccion-y-otros-trastornos-mentales]

Overviews
- Dual Diagnosis: Substance Abuse and Mental Illness
  [http://www.nami.org/Content/NavigationMenu/Inform_Yourself/About_Mental_Illness/By_Illness/Dual_Diagnosis_Substance_Abuse_and_Mental_Illness.htm] (NAMI)

Related Issues
- Bipolar Disorder and Alcoholism: Are They Related? [http://www.mayoclinic.com/print/bipolar-disorder/AN00920/METHOD=print] (Mayo Foundation for Medical Education and Research)

Research
- Study Finds Combined Dopamine Dysfunction in Drug Addicted, Schizophrenic Patients

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
- Article: Costs of a public health model to increase receipt of...
- Dual Diagnosis -- see more articles [http://www.ncbi.nlm.nih.gov/pubmed?

**Directories**
- Mental Health Treatment Program Locator
- Substance Abuse Treatment Facility Locator
  [http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

**Organizations**
- American Psychiatric Association [http://www.psych.org/]
- NAMI [http://www.nami.org/]
  Also available in Spanish [http://www.nami.org/template.cfm?section=NAMI_en_espa%F1ol]
- Substance Abuse and Mental Health Services Administration [http://www.samhsa.gov]

**Statistics**
- Co-Occurring Mental Problems & Substance Use [http://www.oas.samhsa.gov/dual.cfm] (Substance Abuse and Mental Health Services Administration)
- Nearly One Third of College Student Substance Abuse Treatment Admissions with Co-Occurring Mental Disorders Abuse Prescription Drugs [http://www.samhsa.gov/data/spotlight/Spot094-College-Prescription-Drug-Use.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

**Teenagers**
- Dual Diagnosis: Adolescents with Co-Occurring Brain Disorders and Substance Abuse Disorders
  [http://www.nami.org/PrinterTemplate.cfm?Template=/ContentManagement/HTMLDisplay.cfm&ContentID=13691] (NAMI)

**Patient Handouts**
- Comorbidity: Addiction and Other Mental Disorders
  Also available in Spanish [http://www.drugabuse.gov/es/publicaciones/drugfacts/la-comorbilidad-entre-la-adiccion-y-otros-trastornos-mentales]

**You may also be interested in these related MedlinePlus topics:**
- Alcoholism [http://www.nimh.nih.gov/medlineplus/alcoholism.html]
- Depression [http://www.nimh.nih.gov/medlineplus/depression.html]

The primary NIH organization for research on Dual Diagnosis is the National Institute of Mental Health [http://www.nimh.nih.gov]