



ECHO Idaho: Opioid Addiction and Treatment

Treating Depression and Anxiety in the Presence
of Opiate Use Disorder

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The speaker has no significant financial conflicts of interest to disclose.

Learning Objectives

- Comorbidity of Mood Disorders and Opioid Use Disorder (OUD) and other Substance Use Disorders (SUD)
- Diagnostic considerations for comorbid mood disorders and OUD
- Treatment Considerations

Background

- High co-occurrence of both depression and anxiety disorders with substance use disorders including OUD
- Co-occurrence of OUD and mood disorders complicate the diagnosis and treatment
 - withdrawal can mimic depression and anxiety
 - importance of abstinence in diagnosing
- Targeted pharmacological and behavioral interventions needed

Treatment Considerations

- Maximize the use of nonpharmacologic treatments
 - CBT
- Pharmacotherapeutic treatment
 - Recovery considerations
 - Emphasize need for medication adherence
 - Risk/benefit ratio when SUD is unclear
 - Potential for toxic interactions between prescription medications and substances of abuse

Treatment Considerations

- Benzodiazepines not “first-line” with SUD
- SSRIs
- Gabapentin

Key Points

- Specific considerations necessary in choosing pharmacologic agent for patients with comorbid mood and SUD
 - safety
 - toxicity
 - abuse liability

References

- [https://www.mayoclinicproceedings.org/article/S0025-6196\(16\)30182-3/pdf](https://www.mayoclinicproceedings.org/article/S0025-6196(16)30182-3/pdf)
- Back, S.E. and Brady, K.T. Anxiety Disorders with Comorbid Substance Use Disorders: Diagnostic and Treatment Considerations. *Psychiatry Ann.* 2008 Nov; 38(11):724-729.