

# Mental disorders caused by alcohol use

For all mental disorders caused by substances- F10-19→ subclassification

## Acute: Alcohol intoxication

### Clinical features

- alteration in consciousness, cognition, perception, judgement, affect and/or behavior

### Treatment

- benzos or haloperidol if aggressive
- mechanical restraints
- fluid-therapy
- thiamine
- correction of electrolyte dysbalance, hypoglycemia and hypothermia..

## Chronic: Alcohol use disorder

### Epidemiology and Etiology

- m>w
- associated mental disorders: personality disorders, mood disorders (e.g. depression, anxiety..
- genetic factors? neurobiologic factors (dysregulation of endogenous reward system?)?, psychosocial factors?

### Dx

- Screening tests e.g. AUDIT-C (alcohol use disorder identification test)
- 0-12, + if > 4 in men and > 3 in women
- CAGE test
- DSM-5 criteria
  - mild, moderate, severe

### Tx

- psychosocial (AA)
- Pharmacotherapy
  - Naltrexon (1st line): to reduce craving
  - disulfiram: negative conditioning
  - acamprostate: blocks central glutamate receptors to reduce cravings for alcohol
  - topiramate or gabapentin: for refractory cases
- Give vitamins
  - b1,6,9,12

## Alcoholic cerebellar degeneration due to chronic alcohol use

### Chronic alcohol use: Marchiafava-Bignami disease

- degeneration and necrosis of the corpus callosum due to malnutrition due to chronic alcohol use → cognitive impairment and dementia, behavioral changes, epileptic seizures

## Wernicke encephalopathy

- **acute, reversible** due to **b12 deficiency** due to chronic heavy alcohol use
- triad of: confusion, oculomotor dysfunction and gait ataxia (33% of patients)
- can progress to korsakoff syndrome → personality changes, amnesia (anterograde and retrograde) and confabulation
- MoA: thiamine is a cofactor for enzymes involved in cerebral glucose metabolism → depleted ATP and injury of neurons

## Wernicke-korsakoff syndrome

### Alcohol withdrawal (separate question)

- after 6-36 hours of last drink

- tremor, insomnia, anxiety, palpitations, sweating, headache...
- withdrawal seizures
- alcoholic hallucinations (auditory, visual, tactile, delusions...)
- Delirium tremens
  - 2-3 days after the last drop of alcohol
  - features of delirium (changes in consciousness, hallucinations) + autonomic instability (tachycardia, HT, anxiety, nausea, sweating), seizures, psychomotor agitation, tremor...
  - can last 1-5 days
- Treatment
  - IV fluid therapy, electrolyte correction
  - Thiamine...
  - IV benzos