



TRENDS IN SUBSTANNCE ABUSE DURING COVID-19 PANDEMIC

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Abstract: This article analyses the new trends in substance use during the COVID-19 pandemic, focusing on how worldwide lockdowns, social distancing, and heightened psychological distress led to changes in patterns of substance use. The pandemic worsened underlying mental health conditions and interrupted access to treatment services, resulting in increased use of alcohol, prescription drugs, and illicit substances, especially among vulnerable groups. Through a review of recent literature and data, the present study recognizes critical psychosocial determinants of substance abuse amid the crisis and calls for adaptive public health measures and mental health care in post-pandemic recovery.

Keywords: *Substance Abuse, COVID-19 Pandemic, Mental Health, Addiction Trends, Social Isolation, Alcohol Use.*

1. Introduction

As the first virus with so many variants and that spreads so easily, COVID-19, also known as the corona virus, has been the most frightening and dangerous virus for humanity. It has stopped almost everything and everyone, forcing them to sit at home—not just sit—for a year or years. It has been the most difficult thing for humans, affecting not only their physical health but also their social, economic, and mental well-being. More than 7.7 million people had tested positive for COVID-19 as of October 10, 2020, in every state in the US and its four regions. According to the New York Times data set, approximately 213,876 people in the US have died from the infection. A more critical look at data by different social characters (such as class, orientation, age, race, and clinical history) reveals that minorities have been disproportionately affected by the pandemic, but these alarming statistics only give us half the

picture. In the US, these minorities are not reserving their privilege to be happy. Controlling the spread of the severe respiratory disease COVID-19 will be a challenge for India, which has more than 1.34 billion people, making it the second most populous country in the world. To address the current episode, various methods would be crucial; these include quantitative research, measurable devices, and computational display to control the spread and the rapid development of an alternative treatment. The Indian Ministry of Health and Family Welfare has raised concerns about the recent incident and taken crucial action to stop the COVID-19 virus from spreading. To achieve this goal, the state and focal legislatures are taking some drastic measures and organising a few wartime conventions. In order to reduce the spread of the infection, the Indian government also implemented a nationwide lockdown that lasted for 55 days, starting on March 25, 2020. This outbreak is inextricably linked to the nation's economy because it has severely restricted access to contemporary areas because people are currently reluctant to conduct business in the affected areas of India due to the virus. Many myths have also been spread, which has somewhat contributed to the spread of COVID in India. because people initially did not take the virus seriously and trusted those phoney treatments. The reason it spread so widely was because the symptoms of COVID were fairly common, such as cold and cough fever, leading people to assume they were just catching a virus. This negligence sort of caused the three waves of COVID. The Corona Virus's History The current pneumonia outbreak in Wuhan City, Hubei Province, China, which began around the beginning of December 2019, is caused by a novel Covid (CoV) known by the World Health Organisation (WHO) as "2019-nCoV," "2019 novel Covid's," or "Coronavirus." A pathogenic infection is coronavirus. According to the results of the phylogenetic analysis with complete genome arrangements, bats are the source of COVID-19 infections. But as of yet, the moderate host or hosts have not been identified. To raise our awareness of the pathogenic onset of the flare-up, however, three important areas of work are currently ongoing in China. This includes biological inspections and the variety of detailed accounts of the origins and types of wild animals marketed on the Huanan market, as well as the purpose of those animals once the market has been closed

Substance Abuse Is harmful use of any substance to alter one's temperament. "Substances" can include alcohol and various drugs, whether legal or not, as well as some substances that aren't even classified as drugs. Abuse may occur because you are using a substance in a way that is not recommended or expected, or because you are using more than is advised. All things considered, according to the DSM-5, a person can use drugs and not be dependent or even have a substance use disorder. Substance abuse refers to the needless use of

drugs in ways that are detrimental to oneself, society, or both. Both psychological and actual reliance are included in this definition. Delays in using a medication actually suggest a changed physiological state in which withdrawal symptoms worsen when the drug is stopped. A state of intense need to continue taking a medication without any indication of true reliance is referred to as psychological reliance. These definitions classify alcohol as a drug that can lead to psychological and physical dependence. This section views alcohol as one of the few drugs that can be abused. However, it should be noted that the extent of alcohol-related problems in the United States is so astounding that alcohol is often considered to belong to a different class of drugs that are abused. Because they assume that rehased use creates significant obstacles, wellbeing authorities view substance use as going too far into substance misuse. Capabilities Unable to fulfil obligations Health issues Reduced ability to control Use that is dangerous Social concerns In fact, many children use inhalants for the first time due to the fact that they are present in many everyday household objects and are therefore easily accessible. Alcohol and Tobacco LSD marijuana Coffee Substance Abuse Risk: Real medical conditions: Abuse of substances can increase the risk of real medical issues such as heart disease, stroke, and cancer. Emotional health problems: Substance abuse often co-occurs with mental health problems, but it can also contribute to or worsen certain conditions. Real risks: People who use illegal substances run a higher risk of legal repercussions, which may include arrest and detention.

2. Research Evidence

Abdo, C., Santos, C., Miranda, E., et al. (2020). An intentional survey on substance abuse and aggressive behaviour during the pandemic, an effective survey on substance abuse during COVID-19 in the home, and a thorough bibliographic search across multiple clinical data sets yielded a total of 1505 articles initially, from which six logical articles were selected. These articles found no evidence of an increase in substance abuse, although there was an increase in the misuse of alcohol and tobacco.

Bartel, S., Stewart, S., and Sherry, S. (2020). After adjusting for pre-pandemic levels of marijuana use, the study examined whether self-detachment due to COVID-19 and using marijuana to cope with sadness were exceptional and also intuitive indicators of marijuana use during the pandemic. Studies have shown that the COVID-19 pandemic has caused a critical expansion in self-announced confinement and dejection in a significant portion of the population. Self-disconnection and adjusting to sad intentions did not correlate with drug use during the pandemic; however, those who engaged in self-confinement used drugs 20% more frequently than those who did not, but not due to stress or anxiety.

Dubey M., Chatterjee S., Ghosh R., et al. (2020). COVID-19 is having a negative psychosocial impact on people in general. Underestimated individuals, particularly those with substance use disorders (SUD), are particularly vulnerable to contamination and are also more likely to suffer from the negative consequences of more significant psychosocial problems. The complex reciprocal relationship between COVID-19 and dependence is examined in these articles. People with SUD are more at risk of experiencing a more unfortunate COVID-19 outcome. There is an abundance of habit-forming behaviours, both new and old. The two pandemics that are almost posing a serious threat to public health are coronavirus and slavery. However, every effort should be made to raise public awareness of the harmful effects of SUD on Covid-19.

Gupte H., Jagiasi D., and Mandal G. (2020). assessed the awareness of this connection and the impact of the lockdown on tobacco use among tobacco clients who had been recruited for Life First, a program that treats tobacco dependence. During the half-year project, 1016 tobacco clients were undergoing dynamic development. During the calls, semi-structured surveys were completed. Although some clients saw this as an opportunity to quit, a detailed report of increased tobacco use due to increased pressure was provided. of COVID-19.

Asmundson, G., and McKeay, D. (2020). Right from the start of the corona virus pandemic, a review of data revealed a significant increase in stress-related side effects in the general population. Previous studies had found that youth experienced higher levels of stress during the outbreak, which triggered BIS and led to other disorders such as OCD, phobias, etc. It is also possible that the expanded interceptive mindfulness that comes with starting BIS will result in increased substance abuse.

Sun, Y., Li, Y., Bao, Y., Meng, S., et al. (2020). Drug use has increased as a result of the COVID 19 pandemic and control measures. A survey was conducted online in 6416 Chinese people to examine the relationship between COVID-19 and drug abuse. At 19% and 25%, respectively, backslides to alcohol abuse and smoking cessation were largely typical. In essence, it was found that drug use increased during the pandemic, while 32% of regular alcohol consumers and 20% of regular smokers increased their use.

Garey L., Shepherd, J., Rogers, A., et al. (2020). The present study examined mental factors associated with the onset of substance abuse during the coronavirus. It sought to determine whether COVID-19-related anxiety and fear were associated with substance use-adapting cognitive processes. A web-based survey of 160 adult participants revealed a correlation between COVID-19-related anxiety and substance use-adapting cognitive processes.

Sahu P., Ganesh A., Mathur A., et al. (2020). The review suggests implementing an e-counsel for SUD executives and assessing how well-received it is by medical service providers (HCPs). During the COVID-19 pandemic lockdown in India, e-counsel was a useful tool for managing SUDs. The versatile e-counsel for SUD, which connected HCPs with enslavement subject matter experts, was implemented during that time. The majority of HCPs could discuss their cases with compulsion specialists. This needs to be developed further in other conditions pertaining to emotional well-being.

Sahu P., Mathur A., Ganesh A., et al. (2020). According to the review, SUD executives should use an e-counsel, and medical service providers (HCPs) should evaluate its effectiveness. E counsel was a helpful tool for managing SUDs during India's COVID-19 pandemic lockdown. During that period, the flexible e-counsel for SUD was introduced, which linked HCPs with subject matter experts on slavery. Most HCPs could speak with compulsion specialists about their cases. This needs to be further developed in other emotional well-being-related conditions.

Cantor J., Kravitz D., Sorbero M., et al. (2021). Using mobile phone area data, the researchers calculated the rate of change in visits to SUDT offices from the seven-day stretch defined offices by region COVID-19 occurrence for every 10,000 inhabitants in each week, and by 2018 deadly medication glut rate, to illustrate week-by-week changes in the number of substance use disorder treatment (SUDT) office visits in 2020 compared with 2019. The findings corroborate the hypothesis that a decline has occurred in the typical weekly number of visits to SUDT offices. The impact's magnitude varies depending on the number of COVID-19 cases but not the overdose rate that has been reported.

Gili, A., Bacci, M., Aroni, K., et al. (2021). Differences in drug-abuse patterns during COVID Estimates of social separation have a greater effect on some populations than others, and people with substance use disorders (SUDs) are inevitably negatively affected. Thirty SUD subjects were observed using illegal medications by hair examination; the exploratory data rev

Horigian, V., Schmidt, R., and Feaster, D. (2021), how loneliness during the pandemic contributes to substance abuse, In the United States, Corona is linked to depression and slavery. General and psychological health professionals report a dramatic rise in substance abuse and emotional health issues, and an enigmatic online review was conducted. Six-scales were used to assess symptomology, and depression was linked to higher levels of emotional wellness symptomatology. Since COVID-19, members reported significant improvements in emotional wellness and substance use indicators.

Madsen L., Giesbrecht G., Kar P., et al. (2021). Pregnant women's alcohol and drug abuse in relation to coronavirus The findings of a continuous study of 7470 pregnant Canadians were examined. 6.7% of members reported using alcohol, 4.3% reported using marijuana, 4.9% reported using tobacco, and 0.3% reported using illegal medications while pregnant; 2.6% reported using multiple substances. Increased use of marijuana and tobacco, as well as co-use of substances, were associated with higher levels of demotivation and financial difficulties.

Macmilian T., Coffey K., Corrigan M., et al. (2021). Using a comfort test administered to adults living in the United States and Canada, the study examined the relationship between alcohol consumption and substance use in all individuals during the early stages of COVID-19. The review was conducted online. More than one-third of the examples showed that using drugs and alcohol to cope with the pandemic, having trouble finding childcare, and not belonging to a strict local community were associated with increased likelihood of using drugs or alcohol.

Celedon P., Carlson J., Zoochi M., Pines J., et al. (2021). evidence of the changes in crisis office visits for substance use issues during the early pandemic period, using review data from January to July, the proportion of visits for problems related to drugs, alcohol, other medications, and all non-COVID-19 visits, and a survey of the changes in this proportion following the mid-March general pandemic While not precisely non-SUD, non-COVID ED visits, the percentage of SUD ED visits decreased dramatically in 2020–2019 from the beginning of the COVID-19 pandemic. • Tan Ho, Lui Ylt, and Chai Boon (2021). This survey examines how COVID-19 has affected the environment and substance-misuse scene, paying particular attention to Singapore. During the COVID-19 pandemic, substance abuse received little attention, and the problem's perception and care arrangements for this victim population have also been weakened. There are two examples of contextual analyses. The article successfully raises awareness of the persistent problem of substance abuse, even in the midst of a viral pandemic, and serves as a reminder to the local government and healthcare system to continue their efforts to target this patient population.

Taylor, S., Rachor, G., Paluszek, M., et al., 2021. An organization's analysis of carelessness in social disengagement and substance abuse during pain associated with the coronavirus, A population delegate test of 3075 Americans and adults revealed a significant increase in substance misuse during the COVID-19 pandemic. The study also found that the tension surrounding the pandemic is not just about stress from illness but also about the possibility of encountering surface or item financial issues and other factors, which can lead to other disorders and excessive worry.

3. Discussion and Conclusion

One thing that has remained constant throughout all of this is the impact of COVID-19 on people's mental health. As a result, some people have developed a lot of serious mental illness, and substance abuse has increased. Some people have lost their loved ones, some have lost their jobs, some have lost their homes, some have fought some serious battles in the hospital, and some have fortunately survived the pandemic without contracting it. There have been online sessions and platforms for the treatment of substance abuse disorders, but it was also noted that many people developed substance abuse problems during the pandemic because they were paranoid about the virus and found it as a coping mechanism, which also led to domestic abuse. However, some studies show that few people have stopped using substances because they are afraid of losing them and how it will affect their family. During the lockdown, people's concerns extended beyond their health to include their financial and social lives. They began to fear losing their jobs, and the stress of not being able to meet their basic needs led them to turn primarily to alcohol and tobacco use. In addition to demonstrating the rise in substance use among individuals at home, some studies also reveal that frontline workers experienced an increase in substance use habits, as well as increased stress and anxiety about their personal lives and the impact they may have on those close to them. According to the research, the outbreak frightened even the young people, and the stress of failing and being unable to go out and see their loved ones had an adverse effect on their mental health. This led to substance abuse as well as other disorders like phobias, OCD, depression, and so on. Adolescent aggression and substance abuse have even been linked. According to research, substance abuse has increased during the pandemic, but not all cases indicate this; some indicate that people have stopped using substances or have been using them at the same level, but new cases of substance abuse have emerged.

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