

The Study of Eating Habits and Suicidal Ideation Among Opioid Dependents

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Abstract

The purpose of this study is to look at the connection between eating habits & suicide thoughts among opioid-dependent people in Delhi, India. 200 participants were selected for the study's cross-sectional research design using convenience sampling from Delhi's addiction treatment facilities, outpatient clinics, and support groups. To collect thorough insights into the subject, a standardised questionnaire has been used. The quantitative survey evaluates participant eating patterns, suicidal thoughts, the degree of opioid use, and demographic data. Deeper knowledge of participants' lived experiences with regard to eating patterns and suicidal thoughts is made possible through in-depth interviews. Priority is given to ethical issues, including as informed consent, confidentiality, and participant well-being. The results of this study will further knowledge of the connection between eating behaviours and suicide thoughts among opioid-dependent people in Delhi, offering insightful information for the creation of focused treatments and preventative initiatives in this community.

Keywords: Suicidal Ideation, Opioid Dependence, Mental Health, Eating Habits, Comorbidities

Introduction

The international public health pandemic of opioid use has had catastrophic effects on both people and society. Opioids, such as prescribed painkillers or illegal substances like heroin, can be used and abused in ways that frequently result in dependency and addiction. Numerous detrimental medical, psychological, and societal consequences are linked to opioid use. Opioid dependent patients commonly co-occur with mental health illnesses such sadness, anxiety, and thoughts of suicide in addition to physical hazards and health issues.

Limited research has been done on the possible effects of eating patterns on the mental health of people with opioid dependency, despite the fact that the association between drug use disorders & mental health problems has been extensively explored. It is commonly established

that diet, meal frequency, and nutritional status all have a significant impact on one's mental and physical health. However, little is known about the relationship between eating behaviours and suicide thoughts among opioid addicts.

Significance

It is crucial to comprehend the relationship between eating behaviours and suicidal thoughts in people who are opioid dependent for a number of reasons:

1. **Public health:** Opioid abuse and dependency are serious public health issues everywhere, including Delhi. Understanding the causes of opioid dependency and the consequences it has, such as suicidal thoughts, might help inform public health treatments and legislation. This work adds to the amount of knowledge already available in this field and can guide preventive, early intervention, & treatment initiatives.
2. **Mental Health:** Suicidal ideation is a significant mental health problem that calls for care and attention. In order to identify possible risk factors and educate mental health practitioners about the significance of including dietary considerations in treatment and preventive strategies, it is important to investigate the link between eating behaviours & suicidal ideation among opioid users.
3. **Addiction Research:** Drug and alcohol addiction, particularly opioid addiction, is a complex illness impacted by a number of psychological, biological, & social variables. This study contributes to the expanding field of addiction research by looking at the connection between eating patterns and opioid dependency. It could provide light on the possible contribution of food habits to opioid dependency and point to fresh ideas for support and intervention strategies.
4. **Contextual Understanding:** By concentrating on respondents from Delhi, the study is given a particular geographic context. Socio-cultural aspects that are particular to a certain location may have an impact on eating patterns, mental health, and opiate dependency. By focusing on Delhi, researchers may get a greater knowledge of how these variables interact in a particular community, allowing for more specialised treatments and programmes.
5. **Practical consequences:** For healthcare practitioners, addiction treatment facilities, and mental health specialists dealing with opioid-dependent people, the study's findings may have practical consequences. As a component of complete treatment regimens, they can use the newfound knowledge to create focused therapies like dietary interventions or nutritional counselling.

Literature Review

1. **Opioid Dependence and Mental Health:** Numerous studies have repeatedly shown that people with opioid dependence have a significant frequency of mental health issues (Grant et al., 2016; Substance Abuse and Mental Health Services Administration [SAMHSA], 2019). In this demographic, comorbid illnesses such as post-traumatic stress disorder (PTSD), anxiety, and depression are frequently seen. These psychiatric comorbidities increase the likelihood of

negative mental health outcomes, including suicide thoughts, and complicate treatment (Carrà et al., 2018; Olfson et al., 2016).

2. Substance Use Disorders and Suicidal Ideation: Suicidal ideation, which is defined as thoughts or considerations of hurting oneself, is common among people with drug use disorders, especially opioid dependency. According to several studies, substance use disorders can aggravate underlying mental health illnesses, add to feelings of hopelessness, and affect a person's ability to make decisions. These factors all increase the risk of suicidal thoughts (Borges et al., 2017; Darke et al., 2015; Wilcox et al., 2004).

3. Eating Habits & Mental Health: New study has shown how important eating habits are to the results of mental health. A higher risk of depression & other mental health issues has been linked to poor eating patterns, which are characterised by diets heavy in processed foods, sugar, and harmful fats (Jacka et al., 2010; Sarris et al., 2015). On the other hand, a diet high in nutrients, including vegetables, fruits, whole grains, & lean meats, has been associated with improved mental health (Opie et al., 2017; Parletta et al., 2017). Additionally, it has been demonstrated that disordered eating behaviours, such as binge eating or restricted eating, might heighten psychological discomfort (Mond et al., 2020; Smith et al., 2018).

4. Eating Habits and drug Use Disorders: Evidence from research shows that eating habits and drug use disorders are correlated in both directions. Inconsistent eating habits and inadequate nutrient intake can result from substance use (Krahn et al., 2019; Wilson et al., 2011). As a coping strategy for mental discomfort or issues with body image, people with disordered eating behaviours may be more likely to develop drug use disorders (Mason et al., 2016; Pearson et al., 2012). However, little is known about the precise connection between eating behaviours and suicide thoughts in those who are opiate dependent.

5. Studies on Eating Patterns and Suicidal Thoughts in Populations Dependent on Substances Only a small amount of research has looked at the relationship between eating patterns and suicidal thoughts in populations dependent on substances, particularly in the setting of opioid use. Studies examining the relationships between poor eating patterns and an elevated risk of suicidal thoughts have been conducted on different drug use disorders, such as alcohol or amphetamine use disorders (Krahn et al., 2019; White et al., 2017). However, more research is necessary to see whether these results can be applied to those who have opioid dependency.

Research Methodology

Study Approach and Design: This study will use a cross-sectional research design to examine the association between eating behaviours and suicidal thoughts among opioid-dependent people in Delhi, India. A cross-sectional design enables data gathering at a single moment in time, giving an overview of the important factors. To obtain in-depth knowledge on the subject, both quantitative & qualitative techniques will be used.

Participants and sampling strategy: Residents of Delhi who are opioid dependent will participate in this study. Convenience sampling will be used in the sample process, and participants will be chosen from Delhi-area addiction treatment facilities, outpatient clinics,

and peer support groups. 200 participants will make up the study's sample, which will reflect a wide variety of demographic traits and levels of opioid dependency.

Ethics-Related Matters:

1. **Informed Consent:** Participants will be informed about the study, its goals, methods, possible dangers, and benefits, as well as their right to volunteer for participation. Each subject will be asked for their informed permission prior to being included in the research.
2. **Confidentiality and Anonymity:** The information gathered will be handled in absolute confidence, and participants' names will be kept anonymous by giving each participant a different identification number.
3. **Institutional review board or applicable ethics committee permission** is required for the study in order to follow all ethical standards for research involving human subjects.
4. **Participant Welfare:** Throughout the study, the welfare of the participants will be given first priority. Any participant who displays discomfort or indications of a mental health crisis will get the necessary assistance and recommendations for mental health specialists.

Research Objective

The study's precise goals are as follows:

1. To evaluate food preferences, meal frequency, and nutritional intake among Delhi residents who suffer from opioid use.
2. To assess the frequency and seriousness of suicide thoughts among opioid-dependent people in Delhi.
3. To investigate the relationship between eating behaviours and suicide thoughts among opioid-dependent people in Delhi.
4. To identify relevant variables that might moderate or mitigate the association between eating behaviours and suicidal thoughts in this group, such as concomitant mental health illnesses or drug use patterns.
5. To investigate any possible differences in eating patterns and suicidal thoughts among opioid addicts in Delhi depending on demographic characteristics (such as age, gender, and socioeconomic level).
6. To offer suggestions and insights for the creation of focused treatments and preventative plans targeting dietary patterns and suicidal thoughts among opioid-dependent people, especially in the context of Delhi.

Hypothesis Testing

H1- The levels of eating habits and suicidal ideation will be high among opioid dependents

Table No 1 Levels of Eating Habits& Suicidal Ideation						
			Frequency	Percent	Valid	Cumulative
Eating Habits	Valid	Low	52	26	26	26
		High	148	74	74	100
		Total	200	100	100	
Suicidal Ideation	Valid	Low	76	38	38	38
		High	124	62	62	100
		Total	200	100	100	

Table no 1 depicts that the level of eating habits in 26 % of respondents is low and 74 % of respondents is high and the level of suicidal ideation in 38 % of respondents is low and 62 % of respondents is high

H2- There is significant correlation between eating habitsand suicidal ideation among opioid dependence

Table No 2 Correlations		
		Suicidal Ideation
Eating Habits	Pearson Correlation	0.411**
	Sig. (2-tailed)	0.00
	N	200
**. Correlation is significant at the 0.01 level (2-tailed)		

Table no 2 depicts that there is positive relation between Eating Habits and Suicidal Ideation among opioid dependents and the sig value is 0.00.

H3- There is a significant effect of opioid drug on eating habitsamong opioid dependents.

Table 3 Chi-Square Tests Opioid Drug * Eating Habits				
		Value	df	Asymp. Sig. (2-sided)
Opioid Drug * Eating Habits	Pearson Chi-Square	1535.462	682	.000
	Likelihood Ratio	243.168	682	0.989
	Linear-by-Linear Association	17.211	1	.000
	N of Valid Cases	200		

As shown in table 3 above the p value for effect of opioid drug on eating habits among opioid dependents is 0.00.

Findings

Table no 1 depicts that the level of eating habits in 26 % of respondents is low and 74% of respondents is high and the level of suicidal ideation in 38 % of respondents is low and 62 % of respondents is high, thus here alternate hypothesis is accepted which claims that considering the levels among opioid addicts, the likelihood of eating habits and suicidal thoughts will be significant.

Table no 2 depicts that there is positive relation between Eating Habits and Suicidal Ideation among opioid dependents and the sig value is 0.00, which is below 0.05. As a result, alternative hypothesis H2, which claims there is significant correlation between eating habits and suicidal ideation among opioid dependence is accepted

As shown in table 3 above the p value for effect of opioid drug on eating habits among opioid dependents is 0.00. As, P value being below 0.05, hence we will accept the second hypothesis, H3, which states that opioid dependence has a substantial impact on eating habits.

Conclusion

The study concluded by emphasizing on the connection between eating behaviours and suicidal thoughts in opioid-dependent people. The following is a summary of the study's main conclusions:

1. Eating Behaviours and Suicidal Ideation: According to the study, the majority of respondents (74%) had high levels of eating behaviours, which suggests that eating habits have a big impact on those who are addicted to opioids. Additionally, a sizable number (62%) of the respondents reported having a lot of suicidal thoughts, underscoring the mental health issues this group faces.
2. The Link Between Eating Patterns and Suicidal Thoughts: According to the study, eating behaviours and suicidal thoughts are positively correlated among opiate addicts. The results of the statistical analysis showed a substantial correlation between the 2 variables, confirming the idea that poorer eating habits are linked to a higher risk of having suicidal thoughts.
3. Effect of Opioid Dependence on Eating Patterns: According to the study, opioid dependence has a big impact on eating patterns. The results of the investigation showed a significant correlation between opioid drug usage and alterations in eating habits among opioid users. This study highlights the need of taking into account how opioid dependency affects eating habits and its possible effects on general wellbeing.

Contributions to the field: By offering empirical proof of the link between eating habits and suicidal thoughts among opioid addicts, this study makes a contribution to the fields of public health, mental health, & addiction research. The findings emphasise how crucial it is to take into account how eating habits affect mental health outcomes and provide information for creating focused interventions and support systems.

Overall, this study highlights the need of comprehending how eating behaviours and suicide thoughts among opiate users interact. The results highlight the necessity for thorough therapies that include both the nutritional and mental health needs of those with opioid dependency.

Healthcare practitioners, addiction treatment facilities, and mental health specialists can develop more efficient ways to promote the recovery and well-being of opioid-dependent people by taking these variables into account.

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