

## EXPERT REVIEW SUPPLEMENT

# ***BRIDGING THE CLINICAL GAP: MANAGING PATIENTS WITH CO-OCCURRING MOOD, ANXIETY, AND ALCOHOL USE DISORDERS***

### AUTHORS

Alan F. Schatzberg, MD, Roger D. Weiss, MD,  
Kathleen T. Brady, MD, PhD, and Larry Culpepper, MD, MPH

### ABSTRACT

Substance abuse and mental disorders commonly occur together and place an incalculable burden on individuals, families, and society at large. Left untreated, co-occurring psychiatric and substance use disorders may result in troubled and unproductive lives, as this comorbidity is associated with underachievement or failure at work and school, poor health, problems fulfilling family responsibilities, abuse, violence, and legal difficulties. Co-occurring disorders frequently have a complex and bidirectional relationship and may require longitudinal, repeated assessments to establish correct diagnosis. A number of reliable instruments have been developed to improve screening and assessment in both primary care and mental health settings, but controversy persists regarding the best approach to treatment. A fundamental issue, for example, is whether to treat a mood or an anxiety disorder in the presence of ongoing alcohol or drug abuse. Although recent recommendations suggest that concurrent substance abuse should not impede treatment of psychiatric symptoms, more evidence is required to facilitate decision making during acute treatment. Further, relapse and recurrence are common among individuals with co-occurring disorders, and the issue of long-term treatment typically needs to be addressed. Optimal patient management requires a collaborative effort by mental health care professionals, addiction specialists, and primary care physicians. Therefore, it is important that physicians who care for this patient population weigh the most recent evidence on effective and integrated treatment of individuals with co-occurring mood, anxiety, and alcohol use disorders.

**EDITORS**

**EDITORIAL ADVISORY BOARD**

**EDITOR**

Eric Hollander, MD  
Mount Sinai School of Medicine  
New York, NY

**INTERNATIONAL EDITOR**

Joseph Zohar, MD  
Chaim Sheba Medical Center  
Tel-Hashomer, Israel

**ASSOCIATE INTERNATIONAL EDITORS**

**EUROPE**

Donatella Marazziti, MD  
University of Pisa  
Pisa, Italy

**MID-ATLANTIC**

Dan J. Stein, MD, PhD  
University of Cape Town  
Cape Town, South Africa

**ASIA**

Shigeto Yamawaki, MD, PhD  
Hiroshima University School  
of Medicine  
Hiroshima, Japan

**CONTRIBUTING WRITERS**

Alan F. Schatzberg, MD  
Kathleen T. Brady, MD, PhD  
Larry Culpepper, MD, MPH  
Roger D. Weiss, MD

**COLUMNISTS**

Stephen M. Stahl, MD, PhD  
Dan J. Stein, MD, PhD  
Stefano Pallanti, MD  
Eric Hollander, MD

**FIELD EDITOR**

Michael Trimble, MD, FRCP, FRPsych

**NEUROLOGISTS**

Mitchell F. Brin, MD  
University of California, Irvine  
Irvine, CA  
Jeffrey L. Cummings, MD  
University of California, Los Angeles  
Los Angeles, CA

Jerome Engel, Jr., MD, PhD  
University of California, Los Angeles  
Los Angeles, CA

Mark S. George, MD  
Medical University of South Carolina  
Charleston, SC

Richard B. Lipton, MD  
Albert Einstein College of Medicine  
Bronx, NY

C. Warren Olanow, MD, FRCP  
Mount Sinai School of Medicine  
New York, NY

Steven George Pavlakis, MD  
Maimonides Medical Center  
Brooklyn, NY

Stephen D. Silberstein, MD, FACP  
Thomas Jefferson University  
Philadelphia, PA

Michael Trimble, MD, FRCP, FRPsych  
National Hospital for Neurology  
and Neurosurgery  
London, United Kingdom

**PSYCHIATRISTS**

Dennis S. Charney, MD  
Mount Sinai School of Medicine  
New York, NY

Dwight L. Evans, MD  
University of Pennsylvania  
Philadelphia, PA

Siegfried Kasper, MD  
University of Vienna  
Vienna, Austria

Martin B. Keller, MD  
Brown Medical School  
Providence, RI

Lorin M. Koran, MD  
Stanford University School of Medicine  
Stanford, CA

Yves Lecrubier, MD  
Hôpital de la Salpêtrière  
Paris, France

Herbert Y. Meltzer, MD  
Vanderbilt University Medical Center  
Nashville, TN

Stuart A. Montgomery, MD  
St. Mary's Hospital Medical School  
London, United Kingdom

Charles B. Nemeroff, MD, PhD  
Emory University School of Medicine  
Atlanta, GA

Humberto Nicolini, MD, PhD  
National Mexican Institute of Psychiatry  
Mexico City, Mexico

Stefano Pallanti, MD, PhD  
University of Florence  
Florence, Italy

Katharine Phillips, MD  
Brown Medical School  
Providence, RI

Harold A. Pincus, MD  
Columbia University  
New York, NY

Scott L. Rauch, MD  
Massachusetts General Hospital  
Charlestown, MA

Alan F. Schatzberg, MD  
Stanford University School of Medicine  
Stanford, CA

Thomas E. Schläepfer, MD  
University of Bonn  
Bonn, Germany

Stephen M. Stahl, MD, PhD  
University of California, San Diego  
La Jolla, CA

Norman Sussman, MD  
New York University Medical School  
New York, NY

Michael E. Thase, MD  
University of Pennsylvania School of Medicine  
Philadelphia, PA

Madhukar H. Trivedi, MD  
University of Texas Southwestern Medical Center  
Dallas, TX

Karen Dineen Wagner, MD, PhD  
The University of Texas Medical Branch  
Galveston, TX

Herman G.M. Westenberg, MD  
University Hospital Utrecht  
Utrecht, The Netherlands

Stuart C. Yudofsky, MD  
Baylor College of Medicine  
Houston, TX

**PUBLICATION STAFF**

**CEO & PUBLISHER**

Darren L. Brodeur

**VP, MANAGING EDITOR**

Christopher Naccari

**VP, SENIOR EDITOR**

Deborah Hughes

**VP, BUSINESS DEVELOPMENT**

Michael J. Stevinson

**VP, HUMAN RESOURCES**

Kimberly A. Brodeur

**SENIOR GLOBAL ACCOUNT DIRECTOR**

Richard Ehrlich

**SENIOR ACCOUNT DIRECTOR**

Michelle Rushin

**ACCOUNT MANAGER**

Lisa Pisciocchio

**SENIOR EDITORS**

Peter Cook—*Psychiatry Weekly*  
José Ralat—*CNS Spectrums*

**SENIOR ASSOCIATE EDITOR**

Dena Croog—*Primary Psychiatry*

**ASSOCIATE EDITOR**

Lonnie Stoltzfoos—*Psychiatry Weekly*

**ASSISTANT EDITORS**

Carlos Perkins, Jr.  
Rebecca Zerzan

**SENIOR ACQUISITIONS EDITOR**

Lisa Arrington

**ACQUISITIONS EDITOR**

Virginia Jackson

**EDITORIAL INTERNS**

Jaime Cunningham  
Michélisa Lanche

**CME DEVELOPMENT MANAGER**

Shelley Wong

**ASSISTANT—ENDURING MATERIALS**

Sonny Santana

**ART DIRECTOR**

Derek Oscarson

**GRAPHIC DESIGNER**

Michael J. Vodilko

**CHIEF FINANCIAL OFFICER**

John Spano

**STAFF ACCOUNTANT**

Diana Tan

**ACCOUNTING INTERN**

Stephanie Spano

**SALES & EVENT COORDINATOR**

Kimberly Schneider

**OFFICE MANAGER**

Ronald Means

**RECEPTIONISTS**

Kimberly Forbes  
Lauren Webb

**INFORMATION TECHNOLOGY**

Clint Bagwell Consulting

**WEB INTERN**

Adam Schwartz

**CORPORATION COUNSEL**

Lawrence Ross, Esq.  
Bressler, Amery, and Ross