

PRESCRIPTION OPIOID USE AND THE IMPACT THIS HAS ON PATIENTS' MOOD AND ANXIETY A SYSTEMATIC REVIEW

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AIMS

Prescription of opioids is of public health concern due to the increase of opioids-related overdose deaths.

Less studied are the consequences of increased opioid use on mental health.

We investigated the effect of prescription opioid use on mood and anxiety.

METHOD

Framework:

PRISMA guidelines with PROSPERO.

Inclusion criteria

Design: Longitudinal/retrospective

Exposure: Prescription opioids use

Comparison: Lower-levels/ no use

Outcome: Mood or anxiety

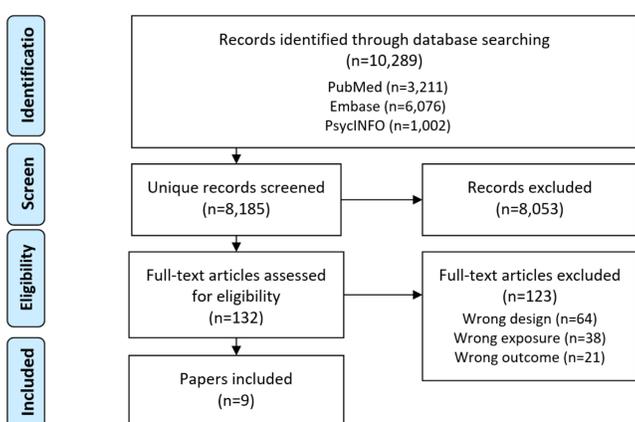


Fig 1. Flowchart of study inclusion

Search of MeSH & synonyms

Opioids & (Depression OR Bipolar OR Anxiety OR PTSD); ran June 2020

10,289 studies were identified, 9 met inclusion criteria (Fig 1). Most studies were from the USA.

FINDINGS

Study characteristics

- Most studies were from the USA.
- More data on mood and anxiety, little data on PTSD

Main results

Prescription opioid use was associated with higher odds of mood, bipolar, depressive, and anxiety outcomes. Use was not associated with the development of PTSD.

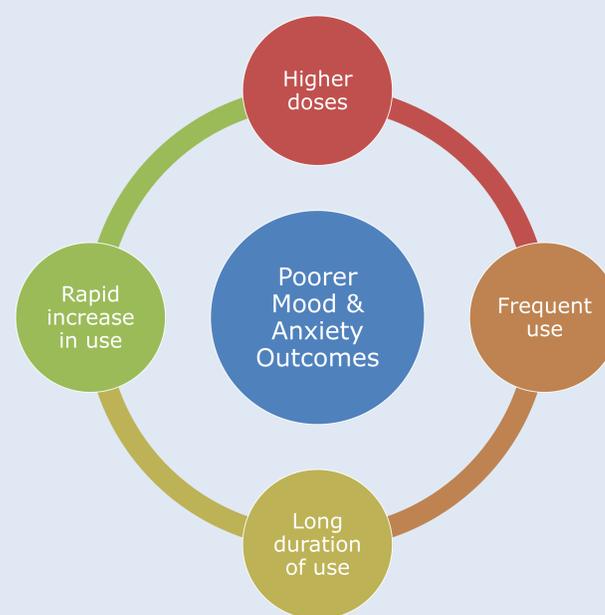
Meta-analyses found prescription opioid use related to:

Any mood outcomes
OR=1.74 (1.39-2.17)

Bipolar outcomes
OR=2.07 (1.60-2.67)

Depressive outcomes
OR=1.25 (1.11-1.41)

Anxiety outcomes
OR=1.54 (1.29-1.83)



Higher risks were observed with higher doses, more rapid increase in use, higher frequency of use, and longer duration of use, as illustrated in the schematic above.

CONCLUSIONS

Mental health consequences are essential to consider with the use of prescription opioids.

More frequent and rapid increases in opioid use are risk factors for adverse mood and anxiety outcomes.

People who have developed a use disorder from prescription opioids may be vulnerable to additional adverse mental health outcomes, but we currently lack evidence to investigate this sufficiently.