

Mental health service utilisation patterns in a community cohort of people who primarily smoke methamphetamine.

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Introduction and Aims: This presentation aims to examine the factors associated with mental health service utilisation in methamphetamine smokers who report moderate to severe levels of depression or anxiety. Methamphetamine consumers experience depression and anxiety much higher rates than the general population. but little is known about mental health service utilisation by this population.

Design and Methods: Data were derived from baseline surveys of 743 participants of the prospective 'VMAX' study. Participants were recruited from metropolitan and non-metropolitan areas of Victoria, Australia. Depression and anxiety were measured using the Patient Health Questionnaire (PHQ)-9, and the Generalized Anxiety Disorder (GAD)-7 instruments.

Results: Of the 60% of participants who reported moderate to severe depression or anxiety, nearly 70% had seen a professional for their mental health in the past 12 months. 44% were taking medications for their mental health and 8% had been put on an involuntary treatment order for their mental health. Mental health service utilisation was associated with a range of demographic, socio-economic, substance use, health and other social characteristics.

Discussions and Conclusions: Further work is needed to determine how mental health service utilisation changes over time for methamphetamine consumers, particularly for those who report symptoms of depression or anxiety, in the hope of maximising the outcomes and needs for those who engage with mental health services.

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