

Utilization of Mental Health Services and Risk of 12-month Problematic Alcohol Use

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Objective: To examine whether mental health service utilization modifies the association between lifetime anxiety or depressive disorders (ADD) and risk of 12-month problematic alcohol use. **Methods:** Randomly selected members (n=6518) of a mutual health-insurance company were evaluated for lifetime ADD (DSM-IV), mental health service utilization for ADD, and risk of 12-month problematic alcohol use (DSM-IV and CAGE). **Results:** Risk of 12-month prob-

lematic alcohol use was reduced when mental health services had been used for several ADD (OR=3.3 vs 5.8), but not for one ADD. **Conclusions:** These results show the importance of taking mental health service use into account as a potential effect-modifier of psychiatric comorbidity.

Key words: alcohol-related disorders; anxiety disorders; comorbidity; depressive disorders; mental health services.

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