

Treatment Outcome of Dually Diagnosed Youth with Substance Use Disorder (SUD) and Depression: State of the Art 2021

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Background: The dual diagnosis (DD) of Substance use disorder (SUD) and depression frequently co-occurs in youth (13-21 Y.O). Clinically significant depressive symptoms and depressive disorders are present in 20-30% of adolescents diagnosed with a SUD. The relationships between substance use (mainly cannabis) and depression are complex. The presence of this dual diagnosis may affect both cannabis use and depression treatment outcomes. **Objectives:** First, examine the nature of the association as well as clinical consequences (E.g., suicidal behavior) between SUD and depression; second, report the outcomes of two recent multi-center studies of dually diagnosed youth completed by our team; **Results:** The temporal association between response of each one of the disorders to treatment as well as early versus late onset of favorable depression response will be reported. **Conclusions:** Following the results reported, recommendations for further clinical research considering recruitment challenges, sequence and early response to treatment will be discussed.