

## **Abstract**

This exploratory, quantitative study investigated the prevalence rate of people with co-occurring substance-related and psychiatric disorders (CODs). A treatment-seeking sample from Houghton House Addiction Recovery Centre in Johannesburg, South Africa was used. Details of the case histories of the clients were collected, coded and analysed using Statistical Analysis System (SAS). The results indicated that 57.1% of 419 clients had one or more co-occurring psychiatric disorder, along with a substance-related disorder. Of the 239 with a COD, 155 had a mood disorder, 40 had an anxiety disorder, 39 had ADHD, 35 had an eating disorder, 8 had a conduct disorder and 5 had schizophrenia. Statistically significant relationships were found for ADHD with cannabis-related disorders and polysubstance dependence; anxiety-related disorders with alcohol-related disorders; and mood disorders with cocaine-related disorders, possibly substance-induced disorders and substance-induced disorders. These results showed that there was large group of people who presented for substance abuse treatment who have one or more COD. Having a COD made the nature of their problems particularly complex. There is a need for greater awareness of this vulnerable group. This would serve to improve the treatment that people with CODs receive.