

**Increased incidence of alcohol use disorder and alcohol-related psychiatric disorders in patients with obstructive sleep apnea: a nationwide population-based cohort study**

Department of Psychiatry, Tri-Service General Hospital, National Defense Medical Center, Taiwan

Yi-Wei Yeh\*, Nian-Sheng Tzeng, Yu-Ping Huang

**Objective:** Obstructive sleep apnea (OSA) increases the risk of depression, posttraumatic stress disorder, and neurocognitive disorder. OSA and alcohol-related diseases (ARDs) both are highly prevalent conditions. Alcohol consumption is associated with a higher risk of sleep apnea. However, whether OSA increases the risk of ARDs has not, as yet, been studied comprehensively. Our study aimed to determine whether OSA increases the subsequent risk of ARDs.

**Methods:** This study utilized the data from Taiwan's National Health Insurance Database between 2000 and 2015. We identified 7,722 individuals newly diagnosed with OSA and randomly selected sex-, age-, and index date-matched (1:3) 22,166 controls without OSA, with a total of 29,888 subjects. We used the Fine and Gray's survival analysis to estimate the effects of OSA on ARDs.

**Results:** The OSA cohort had an adjusted hazard ratio of subsequent ARDs as 1.486 (95% Confidence Interval: 1.301-1.698), when comparing the cohort without sleep disorders. The Kaplan-Meier analysis showed that in the first year of follow-up, the cumulative incidence of ARDs was higher in the OSA cohort than in the controls till the end of the follow-up. In this study, OSA was associated with alcohol use disorder and alcohol-related psychiatric disorders, but not alcoholic liver disease, alcoholic polyneuropathy, alcoholic cardiomyopathy, and alcoholic gastritis. The psychopharmacological treatments, including the sedative-hypnotics, antidepressants or antipsychotics were associated with a lower risk of ARDs.

**Conclusion:** Our study demonstrates that the OSA patients are at a higher risk of developing ARDs. Treatment underlying psychiatric disorder using antidepressant or antipsychotic may alleviate the possible prevalence of OSA and following ARDs comorbidity.

中文題目：阻塞睡眠呼吸中止症增加酒精使用疾患及酒精相關精神疾病的發生率—全國人口之世代研究

作者：葉奕緯\*、曾念生、黃鈺蘋

服務單位：國防醫學院三軍總醫院精神醫學部