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## Longitudinal trajectories of anxiety and depression in alcohol abstinence

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**Background:** High relapse rates remain a substantial barrier for addiction treatment. Rodent studies suggest heightened negative affect is key in triggering relapse; however, much remains unknown about the role of negative affect during abstinence in humans. In this study, we investigated the course of anxiety and depression in individuals in early recovery from alcohol use disorder (AUD). **Methods:** This study used longitudinal data collected from residents (n=860) of a private, inpatient rehabilitation center. Anxiety and depression were measured at baseline and regular intervals for six weeks with the GAD-7 and PHQ-9, respectively. Linear growth curve analyses were used to identify trajectory groups. **Results:** For anxiety, four distinct trajectory groups emerged: low (71%), high (5%), rapid decline (6%), and gradual decline (18%). For depression, there were three trajectory groups: low (72%), high (6%), and gradual decline (22%). Group membership differed significantly by sex; men were more likely to be in the low class for anxiety and depression, while women were more likely to be in the higher anxiety ( $p=0.003$ ) and depression ( $p=0.0001$ ) classes. **Conclusions:** We discovered multiple, unique patterns of anxiety and depression over the course of early abstinence, including critical information about which individuals were at highest risk for relapse.

