

## Assessment of Cognitive Function in Patients with Alcohol Dependence: A Cross-Sectional Study

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### ABSTRACT

**Background:** This study aimed to evaluate cognition in patients with alcohol dependence. During the past decade, there has been an increasing interest in the evaluation of cognitive function in substance use disorders. Substance use includes the use of licit substance such as alcohol, tobacco, diversion of drugs as well as illicit substances. Alcohol in beverage form is among the most widely used psychoactive drugs in the world and it has dependence producing properties. Ethanol in alcohol is a chemical and after consumption has a multitude of effects.

**Aims and objective:** The aim of this study was to assess the cognitive functions in patients with alcohol dependence as compared to the normal controls by using Mini Mental State Examination (MMSE) and Montreal Cognitive Assessment (MoCA).

**Materials and methods:** This study included 44 patients with alcohol dependence diagnosed as per international classification of disease tenth edition criteria with a mean age of  $43.61 \pm 7.38$ . Cognition was tested using a sensitive battery of psychometric testing Mini Mental State Examination (MMSE) and Montreal Cognitive Assessment (MoCA).

**Results:** Compared with healthy subjects (n=44), patients had lower total scores of cognitive testing (MMSE) (P=0.010) and Montreal Cognitive Assessment (MoCA) (P=0.000).

**Conclusion:** Our results indicated cognitive impairment in patients with alcohol dependence. This is important to determine prognosis and managing patients.

**Keywords:** Substance use, Cognition, Alcohol dependence

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