

# Survey: More than 3 in 4 Americans have used addictive behaviors or unhealthy coping mechanisms to manage their mental health

*Addressing underlying mental health issues may be crucial to effective treatment*

**\*Note: Embargoed until Wednesday April 19, 2023 at 12:01 a.m. eastern**

*Myriad Neuroscience*

Produced by: MediaSource <a href="http://www.mediasourcetv.com">www.mediasourcetv.com</a>	To download broadcast-quality video and other multimedia elements: <a href="https://bit.ly/3m6hyia">https://bit.ly/3m6hyia</a>
Package Length: 1:40	Content provided by: <b>Myriad Genetics</b>

## NEWS PACKAGE


<b>SUGGESTED TEASE</b>	A NEW SURVEY FINDS AN ALARMING NUMBER OF AMERICANS ARE DEALING WITH THEIR MENTAL HEALTH IN RATHER UNHEALTHY WAYS. COMING UP, WHAT CAN HELP THOSE USING HARMFUL COPING MECHANISMS GET BACK ON A HEALTHIER PATH.
<b>ANCHOR LEAD</b>	A NEW SURVEY FINDS AMERICANS ARE USING ADDICTIVE BEHAVIORS AND UNHEALTHY COPING MECHANISMS TO DEAL WITH LIFE'S PROBLEMS. BARB CONSIGLIO HAS MORE ON HOW MENTAL HEALTH TREATMENT IS KEY TO GETTING AT THE UNDERLYING MENTAL HEALTH ISSUES THAT CAN CONTRIBUTE TO ADDICTION.
<b>(PACKAGE START) -----</b> CG: Courtesy: Myriad Genetics, makers of the GeneSight test Shots of Dylan working with Dawn	(Nats - Sound) :02
<b>CG: Dylan Eyestone</b> <b>Sought treatment for addiction and depression</b>	AS DRUG USE TOOK A TOLL ON DYLAN EYESTONE'S LIFE, HE DECIDED IT WAS TIME TO SEEK HELP. :04
Shots of Dylan talking to Dawn (blur for graphic)	<i>"I think I knew it for a long time, but I didn't want to admit it to myself." :07</i>
<b>Graphic:</b> <b>Mental Health &amp; Addiction Survey:</b> -94% agree addiction often masks mental health issues -77% use at least one addictive behavior to cope with life's problems Source: GeneSight Mental Health Monitor	DYLAN WAS USING ILLEGAL SUBSTANCES TO COPE WITH DEPRESSION, SOMETHING THAT'S EXTREMELY COMMON AMONG THOSE STRUGGLING WITH THEIR MENTAL HEALTH.
Shots of Dylan practicing	ACCORDING TO THE GENESIGHT MENTAL HEALTH MONITOR, A NATIONAL SURVEY BY MYRIAD GENETICS, NEARLY ALL AMERICANS AGREE ADDICTION OFTEN MASKS MENTAL HEALTH ISSUES. YET MORE THAN THREE OUT OF FOUR RESPONDENTS SAY THEY HAVE USED ADDICTIVE BEHAVIORS OR UNHEALTHY COPING MECHANISMS TO DEAL WITH LIFE'S PROBLEMS.

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>

relaxation techniques with Dawn	IT'S A CYCLE THAT PSYCHIATRIC NURSE PRACTITIONER DAWN JOHNSON SEES IN HER PATIENTS. :24
<b>CG: Dawn Johnson</b> Nurse practitioner	<i>"Typically, people are trying to // self-medicate an emptiness, // any way to get that dopamine response or that feel good response from any of the neurotransmitters that we get when we're engaging in something that may or may not be healthy for us." :17</i>
Shots of Dylan taking GeneSight test	MENTAL HEALTH MEDICATION FAILURE LEADS FORTY FIVE PERCENT OF RESPONDENTS WITH DEPRESSION AND/OR ANXIETY TO TURN TO UNHEALTHY COPING MECHANISMS.
Shots of Dawn reviewing GeneSight report	TO ADDRESS THIS CHALLENGE, JOHNSON USES THE GENESIGHT TEST <sup>2</sup> .
<b>Dawn Johnson (CG'd earlier)</b>	DONE WITH A SIMPLE CHEEK SWAB, THE TEST INDICATES WHICH MEDICATIONS MAY REQUIRE DOSE ADJUSTMENTS, MAY BE LESS LIKELY TO WORK, OR MAY HAVE AN INCREASED RISK OF SIDE EFFECTS BASED ON A PATIENT'S D-N-A. :20
Shots of Dylan exercising	<i>"That gives them a lot of reassurance and comfort to know that we're not just throwing meds at them, we're actually customizing the plan for them based on their genetic makeup." :11</i>
<b>Dylan Eyestone (CG'd earlier)</b>	IT'S A TOOL THAT'S WORKED FOR DYLAN, WHO FOUND EFFECTIVE TREATMENT AND HEALTHIER WAYS TO COPE. :05
Shots of Dylan exercising	<i>"There are so many people that care about you and that want to help others and // you don't have to struggle all by yourself." :10</i>
<b>(PACKAGE END)</b> -----	IN SOUTH BEND, INDIANA, THIS IS BARB CONSIGLIO REPORTING. :02
<b>ANCHOR TAG</b>	OF THOSE WHO WERE DIAGNOSED WITH DEPRESSION AND/OR ANXIETY AND WERE TOLD THEY HAVE A PROBLEM, 58% SAY MENTAL HEALTH TREATMENT HELPED RELIEVE THEIR ADDICTION CONCERNS. EXPERTS SAY A GOOD FIRST STEP IS TALKING WITH A HEALTHCARE PROFESSIONAL.

#### SOCIAL MEDIA

 <b>Share it! Suggested tweet:</b>	A new survey by <a href="https://twitter.com/GeneSight">@GeneSight</a> finds while almost all Americans (94%) agree that addiction often masks underlying mental health issues, nearly three in four use addictive behavior or unhealthy coping mechanisms to deal with life's problems. <a href="https://bit.ly/3m6hyia">https://bit.ly/3m6hyia</a>
---	--

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>



#### Suggested post:

A new [GeneSight](#) Mental Health Monitor survey finds almost all Americans agree that addiction often masks underlying mental health issues, yet more than three in four use addictive behavior or unhealthy coping mechanisms to deal with life's problems.  
<https://bit.ly/3m6hyia>

#### EXTRA BITES

**CG: Dawn Johnson**  
Nurse practitioner

Johnson explains how she gets to the root of patients' issues:  
*"We want to look at their mental, physical, spiritual, their family. We want to look at what medications they've been on in the past when they have tried to get help and then gone back to the drug of choice."* :14

Johnson says addiction is usually secondary to an underlying mental health issue:  
*"If you go to your doctor or you go to a psychiatrist or a psychologist and you start talking about your trauma and everything, the alcohol and drug abuse, really, it's a secondary thing, because you start realizing, you dig deep into why you're doing it in the first place."* :14

Johnson says she helps convince her patients that they deserve a better life:  
*"Talking people into believing that they are worthy of having a better life and worthy of having a balanced life and that they are capable of doing more and being more, I would say, is probably the hardest battle when we have those patients sitting in front of us."* :17

Johnson explains the frustration of medication trial and error:  
*"You have to deal with the side effects that they had when they were on the medications. Maybe they were on two or three medications, so multiple side effects, taking medications to treat the side effects, and all the time feeling like they're really not getting the relief that they need. And then that process starts over again."* :16

**CG: Fred Fantazzia**  
Myriad Genetics

Fantazzia explains how medication trial and error leads to adherence problems:  
*"When you're doing the trial and error technique, which physicians need to rely on, you're managing not only trying to get to a therapeutic dose, you're also trying to manage the side effects. With side effects also becomes adherence problems."* :13

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>

**CG: Fred Fantazzia**  
**Myriad Genetics**

Fantazzia says finding effective medication helps patients feel better sooner:

*"If we could reduce that time to getting to not only the right medication, but the right dose, now you're going to have a patient that could potentially respond sooner, have better outcomes and maybe even potentially reduce the frustration for these patients that are already in a compromised position when it comes to mental health."*  
:19

---

**CG: Dylan Eyestone**  
**Sought treatment for addiction and depression**

Dylan explains the relief he felt after seeking help:

*"Realizing that there are different ways to help myself than just blunt force and trying to go through life by myself. I can actually talk to people and get help from others and see other people that have the same experiences, it's not just me."* :19

---

Dylan recalls his reaction to discussing his GeneSight report:

*"I was on a bunch of different ADHD medications that would never work for me. So I was like, 'No wonder I felt like crap when I was on them when I was a kid and didn't want to take medication and had all these stigmas with medication that, oh, it doesn't work.'" :13*

---

Dylan lists some of the healthy coping mechanisms he's adopted:

*"Spending time with my brother, taking the dogs for walks, I like to do yoga and meditation. I try to get to the gym five, six days a week, that's another fun hobby for me."*  
:19

---

Jenna explains how she used drugs to cope with social anxiety:

*"I needed to be brave somehow. And I used drugs as... When I used meth, I wasn't myself, so it was like a big blanket over me."* :12

---

**CG: Jenna Dougall**  
**Sought treatment for addiction and anxiety**

Jenna explains the benefits of the GeneSight test:

*"It is extremely beneficial for your mental and physical health even. Just how sick it made me feel to take medications that weren't so much helpful for me and how great I felt taking medications that were helpful for me."*  
:16

---

Jenna says she has found purpose:

*"I know now that my addiction wasn't an accident. I had, unfortunately, the disease of addiction for a purpose. And I'm honestly thankful for my addiction now because I'm able to help others and connect with others."* :14

## References

<sup>1</sup>*Alcohol and Drug Abuse Statistics (Facts About Addiction)*, American Addiction Centers, 2023.

Online: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7013e2.htm>

<sup>2</sup>*GeneSight Psychotropic Test*, Myriad Genetics, 2023. Online: <https://genesight.com/>

### **For viewer information on this story contact:**

Myriad Mental Health:

Shar Dayal

(330) 354-7150

[sharvari.dayal@myriad.com](mailto:sharvari.dayal@myriad.com)

Produced by:

**MEDIA  SOURCE**

1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

[www.mediasourcetv.com](http://www.mediasourcetv.com)

**Video content provided by: Myriad Mental Health**

**Media Relations:**

**330.354.7150**

**Producers and Reporters: To download scripts, video and photos go to:**

<http://www.multimedia-newsroom.com>