

Treatment and Prevalence of Generalized Anxiety Disorder and Depression among Primary Care Attendees

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Objective: The aim of the study was to evaluate the prevalence of generalized anxiety disorder and depression and their treatment in a cross national sample of primary care patients.

Setting: Four primary health care facilities in four Governorates, in the Kingdom of Bahrain.

Design: Clinical Survey.

Method: Four primary health care facilities in four Governorates participated in one stage screening process to identify prevalence of generalized anxiety disorder and depression. Structured diagnostic interviews among 300 consecutive attendees in one day was used. The Mini International Neuro psychiatric Investigation (MINI) was used as screening tool. The association of depression and anxiety with factors such as age, sex, education and employment were evaluated.

Result: Generalized anxiety disorders prevalence rate was 52 (17.3), life time depression was 58 (19.3%) and current depression was 17 (5.6%). Only 22 (7.3%) of the sample had either anxiety or depression in the past, of whom 41% received treatment. None of the examined factors was significantly linked to anxiety or depression.

Conclusion: This study shows that generalized anxiety disorder and major depressive episode are very common among primary care attendees. Thus, primary care physicians should be alerted of this fact.

A multifaceted program should be adopted for the detection and management of GAD and depression.

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