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EPIDEMIOLOGY OF GENERALIZED ANXIETY DISORDER (GAD) AND OTHER ANXIETY DISORDERS IN THE CZECH REPUBLIC

L. Csémy

Prague Psychiatric Centre, Prague, Czech Republic

Introduction: The most frequently psychiatric ailments in Europe are anxiety disorders

Objectives: The goal of our study is to estimate the prevalence of general anxiety disorder (GAD) and other anxiety disorders.

Methods: Personal interviews were conducted with a sample of 3,244 Czech citizens (between 18 - 64 years old). The Mini International Neuropsychiatric Interview (M.I.N.I.) had been used to estimate the prevalence of psychiatric conditions in respondents.

Results: In sum, 8.3 % (95% CI: 7.6 - 9.0) of the respondents fulfilled the criteria for current anxiety disorder. Generalized anxiety disorder was the most prevalent of all anxiety disorders; comprising 3.6% (3.0 % in males and 4.2 % in females). The current prevalence for other anxiety disorders are: panic disorder 1.6 %, social anxiety disorder 2.1 %, OCD 2.2 %, and PTSD 1.4 %. Prevalence of anxiety disorders is higher in females compared to males (10.3 % to 6.1 %). Approximately 44% of respondents with anxiety disorders reported psychiatric treatment during their lifetime (4.9 % inpatient treatment) in comparison to 13 % without diagnosis of any anxiety disorder.

Conclusions: The results confirmed the extent of anxiety disorders in the adult population of Czech Republic. The fact that a majority of individuals who receive a diagnosis are never treated for mental health disorder denotes that early identification in a primary care level should be improved.