

Depression with associated anxiety : Two problems one solution

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Anxiety and depression symptoms are the principal disturbances found in general practice. It is often argued that anxiety can be distinguished from depression on the basis of differences in signs and symptoms, course of illness and response to treatment. However, there is a considerable overlap of patients with diagnosis of anxiety disorder, where approximately half of them fulfill the criteria of major or minor depression. Also, over one third of patients with major depression could receive the diagnosis of anxiety disorder. Although depression has a high stability of diagnosis, many patients with anxiety later on develop depression or mixed anxiety depression syndrome. Anxiety and depression very frequently occur together to the extent that WHO included a category of mixed anxiety depression disorder in the ICD classification. This paper investigated the incidence, prevalence, clinical presentation and treatment option for mixed anxiety depression disorder.