

Anxiety and depression : Management and evolution

Abdel-Muhsen, M. Y.

Cairo Univ. (EGY). Fac. of Med.

Annual Congress of Psychiatry. Cairo (EGY). Mar 19-21, 201

Depression may be masked by anxiety symptoms and these symptoms may worsen the outcome of both diseases. The presence of anxiety and agitation increases the suicidal risk in depression, also the treatment of depression with antidepressants is strongly suggested even when anxiety is present. Depression is a syndrome with cluster of symptoms including the vegetative, cognitive, impulse control, behavioral and somatic symptoms. The commonly used antidepressants are the tricyclic, the heterocyclic as the serotonin reuptake inhibitors and the monoamine oxidase inhibitors. Certain guidelines and precautions should be followed when the SSRI used in treatment of depression. Other lines of treatment are adjuvant like psychotherapy and ECT. Patient follow-up needs regular monitoring of mental state and clear instructions regarding medication and importance of compliance.